

GoodFood

FRESH & FRUITY

Summer desserts

Let's take this inside!

Ideas for stylish indoor entertaining

Food intolerances

It's more common than you think!

LIGHT and easy SALADS for hot days

Plus:

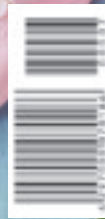


Global recipes
with rice



Nutritious
smoothies

MIDDLE EAST



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PRINTED BY

Emirates Printing Press LLC, Dubai

PUBLISHED BY



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Group Office, Dubai Media City
Building 4, Office G08, Dubai, UAE

A publication licensed by IMPZ

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BBC Worldwide Magazines Unit:

BBC Good Food Magazine is owned by BBC Worldwide and produced on its behalf by Immediate Media Company Limited. BBC Worldwide's profits are returned to the BBC and help fund new BBC programmes.

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Welcome!



It's the best survival strategy for the soaring summer heat – stay in. But that doesn't mean life has to get boring, this is the season for entertaining indoors, whether it's movie marathons with friends, or stylish dinner parties. We've got it covered in this issue, with a raft of ideas for perfecting your entertaining-at-home style. From fuss-free shortcuts for glam party food that will leave you enough time for yourself (*Party tricks*, p40), to make-ahead snacks for a relaxed

night in with friends in *Movie night bites*, p36, it's all here. Entertaining doesn't always have to mean a big, heavy meal either, as you can keep it light and simple for summer when having people over for a casual evening, with our recipes from *Feel-good food for friends*, p33.

But if you really want to impress, then turn to p48 to find stunning new creations made with seasonal produce in *Luscious fruits*. Admittedly, we do get almost everything here all year round, and most of it is flown in, but wouldn't you rather be cooking with and eating, say, berries from Europe now, when you know they're in season, rather than in the middle of November? I honestly do believe that everything tastes better when they're in season, even if we're getting to them a few days later. If you agree, you won't waste any time in baking up one – or three! – of these treats; send us photos of your creations on feedback@bbcgoodfoodme.com, we love to see what you've been getting up to in the kitchen, and we might just end up publishing them in the mag too!

You know what else you need to start getting interactive with us on? *The BBC Good Food ME* awards. Yes, they're back, can you believe it's already time to start voting for your 2014 favourites? Find all the details on p68.

Whether you're hibernating indoors, or escaping to cooler climes this month, remember to Make. Summer. Fun!

See you in September,

Sudeshna

Editor's picks



◆ Amp up your salad recipe arsenal for the summer! P24

◆ I love smoothies, so will definitely try this nutritious green one! p60



◆ I loved discovering Andalusia's culinary gems! p64



THE 2014 BBC GOOD FOOD ME AWARDS

Voting open from August 4

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Our recipe descriptions

- V** Suitable for vegetarians
- ☑** You can freeze it
- ❌** Not suitable for freezing
- Easy** Simple recipes even beginners can make
- A little effort** These require a bit more skill and confidence – such as making pastry
- More of a challenge** Recipes aimed at experienced cooks
- Low fat** 12g or less per portion
- Low cal** 500 calories or less per main.
- Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
- 1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving
- Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:

- P** Contains pork
- 🍷** Contains alcohol

Store Directory

Contact numbers for outlets featured in this issue

Biorganic: 04-4433535

Bloomingdale's Home: 04-3505333

Crate & Barrel: 04-3990125

Eataly: 04-3308805

Fortnum and Mason: 04-3882627

Galleries Lafayette: 04-3399933

Harvest Home: 04-3420225

Homes R Us: 04-4469820

Lakeland: 04-3236081

Muji: 04-4190205

Tavola: 04-3402933

The One: 04-3413777

Tanagara: 04-3411084

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

Your say

We love to hear from you!

IFTAR INSPIRATION

I was amazed by all the great, rich and diverse recipes in the July Issue, and was particularly attracted to the *Emirati-inspired Iftar menu* by Maitha Al Shamsi. I made this for Iftar for my family, and it was easy to prepare and my kids loved the Patees and Harees. Thank You *BBC Good Food ME* for these recipes because my kids don't usually eat what I prepare, and have sweets instead, but this time I felt satisfied and was extremely happy to see them eating with delight.

Dounia Taha

BUDDING CHEF

My ten year old daughter just whipped up two special Father's Day recipes, thanks to *BBC Good Food ME*. She flipped through every issue of the magazine from our shelf and finally decided on the cake which was on the cover of the Easter (April 2014) issue. She also made the spiced scrambled eggs (5 ways with tomatoes, June 2014) as eggs are my all-time favourite food. Father's Day was somewhat different and special for me, as the cake was truly amazing – it tasted like cheesecake – and not to forget the eggs were delicious. It's worth being a *BBC Good Food ME* subscriber and treasuring every copy. Thank you for creating a new young chef!

Tommy Randall



The winner of the Star Letter gets a **Bamix SwissLine stand mixer** worth **Dhs1,100**, which

includes three blade attachments and also has a wet and dry grinder (processor). The gadget also has a 900ml polycarbonate jug, and can be used directly in a cooking pot or pan, to make soups. Available at **Tavola stores** across the UAE and Qatar.



Star Letter

GET-AHEAD GUIDE

The only downside to Ramadan get-togethers is the tension in grocery shopping and food preparations. In our household, my wife has frequent breakdowns as she often forgets to buy some ingredients or fails to find time for some crucial preparation. So when I spotted the *Ready for Ramadan* feature in the June issue of *BBC Good Food ME*, I saved the page for her reference. It gave her tips on the tasks she can get done weeks in advance, thus saving her eleventh hour hassle. She even

prepared different shopping lists on the basis of big groups we were hosting! This Ramadan will surely be much more relaxed than the previous ones, and for that, my wife and I would like to thank your magazine – great feature with extremely useful tips.

Sajin Yousuff



ONE FOR THE BOOKSHELF

I am loving summer because of my holidays and the June issue of *BBC Good Food ME*. Cooking is my passion and the June issue is all about how to enjoy summer. Being a vegetarian, sometimes I find limited recipes in the magazine, but this issue is full of it. I love the sorbet (*Summer sorbet*, June 2014) and mocktails (*Mixologists' mocktails*, June 2014), as the



photographs are so tempting – I tried a few as well. Summer is the best time to lose some weight and burn calories and the *Get yourself a raw deal* feature was a good read about how to detox and heal the body naturally by simply eating raw food. I've already planned to make it a habit to eat raw food at least once a week. *BBC Good Food ME* is a part of my kitchen and I keep it in my folder to pass it on to the next generation, because good food habits will never change.

Ritu Chaturvedi



From our social media pages

- * On this holy month, I would like to wish you all Ramadan Kareem!
– Eric Lanlard
- * Oooo, just stumbled on an old feature now live on the *BBC Good Food ME* website – Jasmine Pereira
- * Mabrook Saied, for winning the Aspiring Chef Competition
– Moataz El Hakim

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:

    
@bbcgoodfoodmiddleeast @bbcgoodfoodme

Or, you could write to us at:
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Grosvenor Business Tower, Tecom, Office 804
PO Box 13700, Dubai, UAE.



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Foodie file

What's hot and happening in the culinary world, here and around the globe.



Masala Library
by Jiggs Kalra



Döner and Gyros

DINE IN THE CITY

TWO FAB NEW RESTAURANTS TO CHECK OUT

* Döner and Gyros at Al Barsha Mall and Dubai Marina, has opened its doors to offer healthy and tasty Chicago- and Berlin-style street food. While döner and gyros are of Turkish and Greek origin respectively, the wraps have had an international makeover in these two global cities, to become popular foods in their own right. At Döner and Gyros, you can customise your sandwich with a selection of fresh, high quality ingredients. Call 04-3484333.

* The renowned Kalra brand is set to launch in Dubai this month with the opening of Masala Library by Jiggs Kalra at Radisson Royal Hotel. The restaurant, which will be launched in the UAE by Zorawar Kalra, son of celebrity food writer and chef Jiggs Kalra, will offer authentic Indian food with a contemporary Arabic twist. Tasting menus are available in vegetarian and non-vegetarian options, and diners can choose to try progressive Indian cuisine, or go on the Kebab trail and curry tour for something different. Call 04-3080000.



THIN
is in...

Nonno's, a new pizza joint at Bay Avenue Mall, Business Bay, has launched the world's thinnest pizza – it's just 2mm in thickness! Their healthy pizzas are made from locally sourced produce, and are free of sugar, salt and yeast. Plus you can't pile a whole lot of cheese on top as the base is super-thin, which makes it easier to control topping portions. Call 8006966666.



This just in:

How gorgeous is this Merry go Round musical biscuit tin? It's filled with an assortment of seven flavoured biscuits including luscious lemon thins and clotted cream digestive. Plus, every time you open the tin, it plays the La Traviata melody and the carousel moves! Dhs250 at Fortnum and Mason.

WELCOME to the DIGITAL AGE

Ordering Masafi water gallons, tissues and even rice, is now convenient with the launch of the pre-payment service, Masafi Gold iCash. Log on to the website to charge your account in one go by paying through credit or debit card, or pay the salesperson at the door – you don't have to run to the ATM or look for change every time the bottles arrive! Masafi have replaced the coupon system, so you no longer have to wait for the men to arrive to receive your order and hand over the coupons, which makes it super convenient for those at work as well! Customers receive an SMS when orders are made, and an e-statement to keep a track of the balance in the account. Visit masafi.com.

It's DELICIMO!

Delice, a Dubai based confectionery, have taken their mouthwatering chocolate creations to London. Stop by Harrods and visit Delice Dubai – their first outpost outside the UAE – to get your fix of macarons, dates, sweets and chocolates, all packaged in beautiful boxes.



L.A. Lovin'

Visiting the US this month? Make a stop at the **Los Angeles Food and Wine Festival**, taking place from **August 21-24**. There will be cooking demonstrations from Iron Chef, Masaharu Morimoto, **wine and cheese pairings**, themed lunches, and **food samplings** from local restaurants on offer. Visit lafw.com.

What's trending

#FindSalt

The retro-style food truck, Salt, in Abu Dhabi has become quite the hot topic on Twitter and social media, thanks to their hashtag campaign which reveals their locations in the UAE. We found out through the @PotsandPatterns bloggers, that they served camel-and Cheetos chicken-sliders as well as dynamite fries when they were at Al Bateen beach in Abu Dhabi last month. Hopefully they'll be tweeting their next location soon!

Home



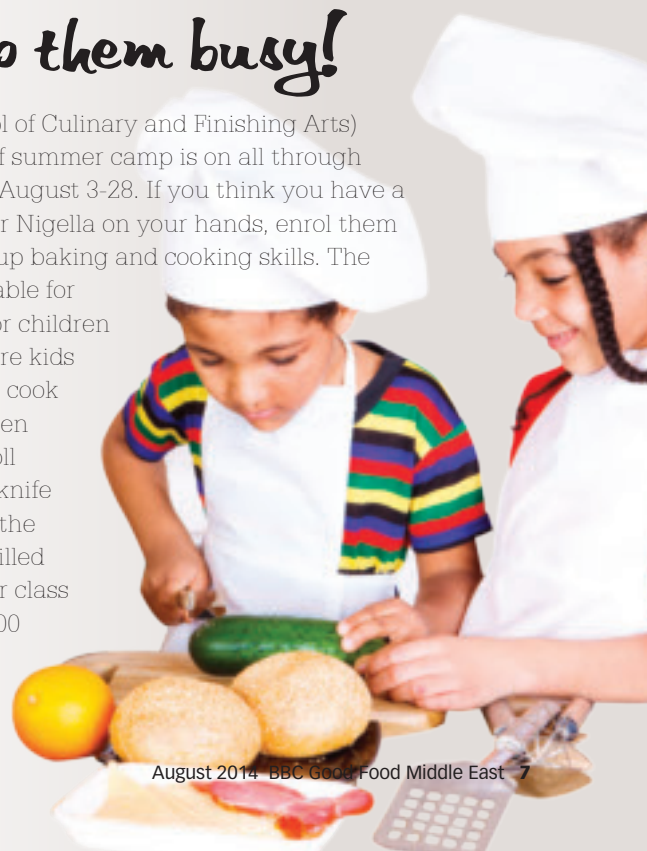
Reduce wastage

According to a report from Dubai Municipality, 1,850 tons of food is thrown away each day during Ramadan in Dubai. The solution? Food-disposal machines which grind food waste into tiny particles and then go into the sewage system to be dealt with efficiently at water treatment sites.

“When you have the best and tastiest ingredients, you can cook very simply and the food will be extraordinary, because it tastes like what it is.”
- American chef and author Alice Louise Waters

Keep them busy!

The Scafa (School of Culinary and Finishing Arts) Mini Master Chef summer camp is on all through this month from August 3-28. If you think you have a budding Jamie or Nigella on your hands, enrol them to let them pick up baking and cooking skills. The classes are available for different levels for children aged six-13, where kids can learn how to cook with meat, chicken and chocolate, roll sushi, and learn knife skills – all under the supervision of skilled chefs. Dhs225 per class and from Dhs1,200 for six classes, call 04-3794044.





Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.



Q I've heard Matcha green tea powder is very healthy. Do they sell it here and can I use it in a dish?

A. Yes, it is available here from most organic suppliers and health food shops. The powder is originally from Japan, and is grown from the finest green leaves in shaded areas before being milled to a powder. It can be used in ice creams, smoothies and of course teas. It's also known to lower cholesterol levels and has the same caffeine content as a double espresso, so drink wisely!

Q I've never used Himalayan rock salt before, but would like to. Please suggest how?

A. The raw food movement is big on Himalayan rock salt, which was formed from oceans dating back to 250 million years ago to be precise. It has a unique pink colour and comes in a hard crystal form. The salt is available in both a block form as well as a packaged coarse salt. Use it when grilling or barbecuing meats and seafood, sprinkled over eggs or bruschetta, or to brine turkey, to add the purest form of salt on the planet to your food.

Q I bought a bottle of coconut oil the other day, however it was a creamy sort of texture and not liquid. Am I supposed to keep it out to melt or should it be used as is?

A. There are various grades of oil available in the market. The purists prefer organic, which is cold pressed, as it has better health benefits. If it's creamy in texture, place the bottle in a pan of hot water for a few minutes to return the oil to its liquid state before use.

Q I find that haloumi becomes rubbery in texture after a while. Is there any way of preventing this from happening?

A. Haloumi is also known as squeaky cheese! I always soak it in cold water to remove the salt and then dry it on paper towels. I like to brush a little olive oil on it before grilling as well.



Q How do I keep my crab cakes intact when frying – they always break apart?

A. I love crab cakes and I've realised the best way to go about it is by either mixing the crab mix with breadcrumbs or mashed potato before binding with eggs. Before frying, dip it in seasoned flour, egg and breadcrumbs – I prefer to use panko for their flavour and crunch.

Andy's ingredient of the month

This month I'm loving mangosteen.
The tropical fruit is low in calories – 63 calories per 100g – and contains no saturated fats or cholesterol. It is also rich in antioxidants and Vitamin C. Eat it on its own or in salads.



Menu planner

Whip up a delicious meal with recipes from this issue

Afternoon tea with the girls



Serve up shots of this healthy Vitamin booster smoothie on arrival, before putting the kettle on, p60



This Grilled aubergine with feta and mint chilli can be made ahead, p38



Roast beef yorkies – bite-sized comfort food! p40



Everyone will want more of this delicious Rustic strawberry tart, p50

Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.



How adorable is this vibrant, multi-coloured **ALESSI PROUST PARROT CORKSCREW** – it gives our other bar gadgets a run for their money! Dhs200 at **TAVOLA**.



A separate marinade brush and baster is so 2013! We love this **MARINADE SET WITH BRUSH**, combined in one, which calls for less cleaning up, and looks good too. Dhs100 at **BITSANDPIECES.AE**.



Add a pretty, summery touch to your coffee table by placing roses or orchids in this pretty **BAYLEE VASE** (Dhs169) from **THE ONE'S HOLLYWOOD COLLECTION**.

Homemade cookies or chocolates will look lovely placed in this crystal **BACI MILANO BISCUIT JAR** in baroque pink. Dhs219 at **GALLERIES LAFAYETTE**.



Throw out the paper tissue boxes and place your tissues in this stylish **GOLD FERN TISSUE BOX** for dinner parties. Dhs79 at **HOMES R US**.



This **FRIDGE ORGANIZER** is sure to make life a lot easier – a folder that can be stuck on to the fridge door with a magnet with separate weekly planner sheets, it's ideal for shopping lists and menu plans. We love that it can be wiped down easily! Dhs59 at **WAMLI.COM**.



We've been on an afternoon tea hiatus and can't wait to bring out this gorgeous **BERNARDAUD PORCELAIN CUP AND SAUCER** when the girls come around again. Dhs720 at **TANAGARA**.



ON THE STORE FRONT



Japanese brand, **Muji**, has launched its second outlet in the Middle East at Mirdif City Centre. Be warned - this isn't a place you can browse or just go window shopping and leave with a full wallet, as you will find a selection of innovative, practical items that will make you wonder how you ever lived without them? The neatly laid-out store is divided into sections selling everything from kitchen utensils to even clothes, luggage, fashion and beauty products. Our pick of their cool, clever products? A lid which fits on just about any size saucepan! Call 04-4190670.

The Doha diaries

Our Doha-based columnist has her finger on the pulse of the city's foodie scene.

The latest food news and happenings in the city.

Come Dine With Me – the Expat Edition

I was recently invited to a dinner party at the home of an acquaintance, dinner parties being a regular occurrence in Doha where we love to entertain in our homes. Prior to the event, the hostess sent me an email asking if I had any food allergies, preferences, dislikes, or seating preferences. I found the interrogation to be almost as invasive as a CIA background check (I believe you can now find my response on Wikileaks)! When I responded that I loved all food except for offal, the response was tinged with almost passive aggressive regret. It was as if I could hear her suck in her breath and mutter, "Who is this woman?" while bashing out her reply, "Well, OK then".

Then there was the recent invite to a 'casual dinner' that involved a five-day Instagram-fest detailing every preparation from the mammoth shop at a popular French supermarket through to the agonising finishing touches on the Pavlova dessert, and social media discussion about the lack of quality pineapples this season. Yet another 'casual drinks' invite involved a vast selection of canapés made by the host's in-house chef. The other guests didn't bat an eyelid. I did briefly, then hoed into the shrimp on a stick.

I consider myself an average home cook – one with an adventurous palate, and a decent arsenal of dishes that can impress. I love to host casual events, usually with a theme. The last one was a 'Burger Night' and the dress code was 'Stretchy pants compulsory'. The point being, come, sit on my couches, eat some grilled meat encased in a bun, relax and have a great time.

So when and why did hosting a dinner party become a competitive sport? A survey of 1,400 people released earlier this year by French mustard makers Maille found that people spend the equivalent of more than QR500 on food and up to six hours preparing for a single dinner party. The survey also revealed that hosts feel pressure to deliver restaurant quality meals or face being judged by their guests.

We can probably blame TV programmes like Come Dine With Me, My Kitchen Rules and Masterchef which have turned ordinary diners into food critics and required that every mouthful be a pre-planned work of culinary art.

Where has all the fun gone? I long for the old days (OK, the 1980s of my youth) where people would just 'bring a plate' to your house? Or the time when coming over for dinner meant a great bowl of pasta. That said, I will probably never be invited to a dinner party in this town again! - Rachel Morris is a Qatar-based writer and food blogger (lifeonthewedge.net).

Health focused menu

The Torch Doha have launched the Torch Wellness, a health food concept in association with the nutrition team at Aspetar, a specialised Orthopaedic and Sports Medicine Hospital. Diners can now enjoy a selection of nutritious dishes such as quinoa salad with roasted vegetables, grilled halloumi with marinated beetroot, and Mediterranean chicken baguette, across all the restaurants and lounges in the hotel. À la carte menu prices, call +974 4446 5600.



Salad choices

Bored of the regular chicken or turkey salad? Head to Burgerry at Aspire Park to try their selection of recently launched salads such as spiced carrot, and classic potato. Call +974 4449 3958.



Brunch is back!

Looking for a brunch with a Spanish twist? Taprunch at The Cellar, Oryx Rotana-Doha, is one to try as it features a selection of tapas with unlimited sangria. Every Friday, QR275 per person. Call +974 4 402 3333.

New face in town

Visiting Four Seasons Hotel Doha for a meal? You might notice a difference in the gourmet offerings at the hotel in the next few months, as the hotel has recently welcomed a new Food and Beverage Director, Manuel Santos. The Portuguese national previously worked at Beach Rotana Abu Dhabi, Al Hambra, Al Qasr Madinat Jumeirah, and with chef de cuisine Alfonso de La Dehesa from El Bulli in Spain. We can't wait to see what he brings to the table!

Tried & tasted

Each month, we review two of the city's top tables.

French cuisine



#jadoreduck
#simplebutdelish
#frenchclassic

DUBAI **Where: St. Tropez Bistro, Mall of the Emirates**

What's it like: We love all things associated with France and naturally an affinity towards its hearty cuisine is a major part of it. Dubai's dining scene lacks a good selection of French bistros that offer bang for your buck, but this restaurant, located in the section of the mall which is more restaurant hub than shopping centre, offers a refreshing change (they have another outlet in Century Village). Split into a bar and dining area, the bistro has a warm, relaxed vibe, with parquet flooring, black and white photos of old-school Hollywood stars like Audrey Hepburn, leather couch seating and a brick wall and pillars that give it a rustic touch.

Frogs' legs was the first thing that caught my eye on the menu, and I knew I had to try it out – having never eaten it before. The fried legs were quite small, but plump, with a light herb sauce with garlic and white wine that complemented it perfectly – any other spices would have been overpowering. My partner loves seared foie gras and tried the variation here which came with an apple and ginger compote and had a slight punch to it. While it tasted great, we wished it came with brioche. I devoured the crispy duck leg on white bean cassoulet and a velvety foie gras red wine jus for mains. The duck was beautiful – soft on the inside, crisp and caramelised on the outside. My partner chose the roasted rack of lamb with caramelised onions, dauphinoise potato and crunch asparagus spears. The lamb was quite a big portion for one, and the onions had just the right balance of sweetness – I even helped myself to some, to complement the duck. Tempted to try the chocolate fondant, we decided we'd come back for it when the weather was better as it would've been a bit too heavy for our liking. Instead we had the pavlova, which arrived like a square piece of cake, with layers of meringue and fresh strawberries in between oodles of whipped cream.

If you want to go: Around Dhs300 for two, without drinks. Call 04-3413415.

- Nicola Monteath

Best for:
Date night



Where: Bord Eau, Shangri La Hotel Qaryat al Beri Abu Dhabi

What's it like: This award-winning restaurant has long been established as one of

the best fine dining options in Abu Dhabi, and with a new chef de cuisine at the helm, things are set to get even better. Sophisticated and intimate, the restaurant is French in every sense, from the understated, neutral colours scheme glammed up with chandeliers, to the Bordeaux landscape art adorning one wall. The view, of the winding waterways surrounding the hotel, is vintage Abu Dhabi though.

Torn between trying the seven-course degustation menu, and the five-course blind tasting menu, my dining partner and I decided to opt for one of each. The meal is a culinary symphony displaying French finesse in each artfully presented dish, with subtle flavours and thoughtful interplay of textures, the apparent simplicity of each belying the complexity of technique that has gone into its creation – whether it's the paper-thin scallop and salmon carpaccio marinated with citrus and chilli pepper, the melt-in-the-mouth braised veal cheek with baby carrots, or the delicious wagyu fillet served with shallot reduction and girolles mushrooms. The only blip on my radar would be the frogs' legs with deep fried snails starter from the à la carte menu I opted to have instead of foie gras (trying to make a statement here!), which, while nice, weren't the best I've ever tried – of either delicacy.

The five course menu followed a similar track, just skipping a course in between. Too full to do justice, I opted out of the cheese course (knowing fully well I'd live to regret it!), but luckily my dessert was worth it. The Valhrona chocolate extravaganza – a chocolate ball encasing a scoop of ice cream with hot sauce poured over it table-side to melt it – offered a bit of culinary theatre with sinful indulgence. This restaurant definitely merits revisiting over and over again.

Best for:
A special occasion celebration

If you want to go: Seven-course degustation menu is Dhs625 per person; Five course blind tasting menu is Dhs500. Call 02-5098511.

- Sudeshna Ghosh

Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

✦ Bite-sized Chinese delights

Craving dim sum? Royal China Dubai, DIFC, have launched the #MondayYumDay at Royal China, where you can feast on unlimited dim sum creations such as pan fried Beijing dumplings, barbecued chicken buns, and spinach and crystal prawns, among other dishes.

Monday evenings for Dhs288 per person. Call 04-3545543.



Royal China Dubai, DIFC

✦ Farm-to-table

The Bench at The Pavilion Downtown Dubai is where you need to head to for a relaxed outing and dishes made with local produce. Breakfast delights, freshly squeezed juices, handmade pastries, cold cuts, blueberry pancakes and eggs cooked in various styles, make up the extensive buffet spread here.

Saturdays, from 10.30am-2pm. Dhs99 per person, call 04-4477025.



✦ Hidden gem

Visit Boteko Brasil, a Brazilian eatery at the Fishing Harbour, to relish authentic delights from their all-new menu such as chicken with okra, crabmeat on shells, and chickpea gnocchi with sundried beef.

À la carte menu prices, call 600562227.



✦ Menu update

Home accessory shopping and a meal – why not? Visit The One Restaurant at Khalidiya Theatre, Abu Dhabi, to indulge in a selection of dishes from the Gourmet Theatre new menu such as beetroot-cured kingfish gravlax, chicken roulade with linguine, and chargrilled lamb cutlets, among other options. You can now also pick up loaves of freshly baked bread to take home too!

À la carte menu. Call 02-6816500.



✦ Chocolate goodness

Love Nutella? Hotfoot to Eataly, Dubai Mall, to visit the Nutella Bar and enjoy a selection of crepes, cookies and bread filled with the well-loved mouthwatering chocolate hazelnut spread.

From Dhs12 per item, call 04-3308899.

✦ Lunch with a difference

Why not try something unique at your next weekday lunch outing? Get a taste of home-style Armenian cuisine, with the new business lunch at Mayrig, located in Downtown Dubai. You can savour a plate of six appetisers, including traditional specialties such as fried rice and lentil kebbe, spicy potatoes, and grilled sojouk with yoghurt. The lunch deal also includes half a portion of any main course, such as stuffed vine leaves and fishna kebab.

Available on weekdays, Dhs75 per person. Call 04-4539945.

✦ Summer brunching

Gather a group of friends and head to Benihana, Amwaj Rotana for the Asian-inspired Banzai Brunch. Dishes are cooked at the grill, wok, on the steamer and in pots – all right in front of you in the open kitchen – with choices ranging from seafood to meat items. Sushi starters and dessert are served table-side.

Every Friday, from Dhs199 per person. Call 04-4282000.



✴ Irish flavours

Visit The Dubliner's, Le Meridien Dubai, to try homemade Irish stews like lamb and seasonal vegetables, beef and barley, chicken and cabbage, or mixed seafood, with garlic toast, washed down with a pint.

Available until August 31, Dhs80 per person. Call 04-7022455.

✴ Burger bliss

C.taste at Centro Barsha have brought back their All you can eat burger night. Head to this restaurant to enjoy a juicy burger cooked just the way you like at the live cooking station. That's not all – for a set price you also get two house beverages, and get to tuck into desserts from the buffet.

Every Tuesday evening for Dhs99 per person (inclusive of two beverages). Call 04-7040000.

✴ Japanese with a twist

Toko at Vida Downtown have launched their new menu for the season which combines taste and texture, offering guests an exciting dining experience. Visit the contemporary Japanese restaurant to try grilled Chilean seabass with soy tamarind chilli and pickled myoga (Ainame no oumi yaki), and mushroom rice hotpot with truffle and onsen egg (Nihon no kinoko no kamameshi), among other dishes.

À la carte menu, call 04-4428383.



✴ Fresh additions

Make your way to Saponi di Bice, the Italian eatery at Citywalk Dubai, to try their latest additions to the menu – slow roasted octopus salad with white beans and chickpeas, foie gras hamburger with spinach and black grapes, and prawn burger in a cocktail sauce with truffle fries, are just some of the options.

À la carte menu, call 04-3442550.

✴ A taste of Southern India

Those who love the flavour and aroma of biryani are sure to relish every bite at the Hyderabad Biryani and Nizami Food festival at Signature by Sanjeev Kapoor, Melia Dubai. Mouthwatering Nizami dishes on the à la carte menu feature Dumpukth biryani, Haleem (meat stew), Nihari Gosht (slow cooked lamb or meat) and other dishes with a contemporary twist.

Available until August 31, call 04-3868111.

✴ All things Cajun

Dine at Café Palmier, Le Royal Meridien, Abu Dhabi, to enjoy authentic Cajun fare. Try one-pot style dishes like gumbo, jambalaya, and tuck into seafood from the cray fish counter.

Tuesday evening for Dhs199 per person, call 02-6742020.



✴ Asian feast

Spend a relaxed evening relishing grilled and wok-fried Asian delicacies from a widespread buffet at Nosh, Movenpick Hotel Jumeirah Lakes Towers. The Asian nosh theme night offers unlimited sushi, sashimi and tempura, freshly made at the cooking stations.

Saturday, from Dhs150 per person.

Call 04-4380000.



✴ Let the games begin!

As we say goodbye to the Fifa World Cup we gear up for a new season of the English Premier League. Head to The Underground Pub, Habtoor Grand Beach Resort and Spa, for the kick-off party and feast on traditional items like fish and chips, and steak and kidney pie while watching the games.

August 16, call 04-4084257.

Al fresco dining
with the best views
of Burj Khalifa &
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THE OLD TOWN

AT DOWNTOWN DUBAI



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Make it tonight

Easy new ideas for simple midweek suppers. Recipes ANGELA BOGGIANO Photographs CRAIG ROBERTSON

Spiced lamb kebabs with pea & herb couscous

SERVES 4 (MAKES 6 SKEWERS, 2 PER ADULT, 1 PER CHILD)

● PREP 20 MINS ● COOK 20 MINS

Easy

400g lean lamb shoulder, cut into 3cm cubes
1 tsp ground cumin
½ tsp cayenne pepper
1 tsp sweet smoked paprika
1 tbsp olive oil
24 cherry tomatoes
140g couscous
400ml hot vegetable stock
140g frozen peas
1 large carrot, coarsely grated
Small pack coriander, chopped

Small pack mint, chopped
Juice 1 lemon
2 tbsp extra virgin olive oil

1 Soak 6 wooden skewers in water for 30 mins (this prevents them burning when cooking on the griddle or barbecue). Put the lamb cubes in a large bowl with the spices and olive oil. Toss everything together well and season.
2 Thread a piece of lamb onto a skewer, followed by a cherry tomato. Repeat, adding about 4 pieces of lamb and 4 cherry tomatoes to each skewer, until all are used up.
3 Meanwhile, put the couscous in a large bowl, pour over the hot vegetable

stock and add the peas. Stir, then cover with cling film and leave to soak, about 5 mins.

4 Heat a griddle pan. When all the liquid has soaked into the couscous, gently fluff up the grains using a fork, and stir in the carrot, herbs, lemon juice and olive oil. Mix everything together well, season and set aside.

5 Place the skewers on the hot griddle pan and cook for 5-6 mins, then turn and cook for a further 5-6 mins until the meat and tomatoes are charred and cooked through. Serve the skewers with the couscous.

PER SERVING 466 kcals, protein 28g, carbs 35g, fat 23g, sat fat 8g, fibre 7g, sugar 9g, salt 0.8g

TIP For extra spice, serve the skewers and couscous with a spoonful of harissa on the side.

So-simple
way with fish



Roast sea bass & vegetable traybake

SERVES 2 • PREP 10 MINS

• COOK 30 MINS **Easy** **Low cal**

Vit C **1 of 5-a-day** **Good for you** **Gluten Free**

300g red-skinned potatoes, thinly sliced into rounds

1 red pepper, cut into strips

2 tbsp extra virgin olive oil

1 rosemary sprig, leaves removed and very finely chopped

2 sea bass fillets

25g pitted black olives, halved

½ lemon, sliced thinly into rounds

Handful of basil leaves

1 Heat oven to 180C/160C fan. Arrange the potato and pepper slices on a large non-stick baking tray. Drizzle over 1 tbsp oil and scatter with the rosemary, a pinch of salt and a good grinding of pepper. Toss everything together well and roast for 25 mins, turning over halfway through, until the potatoes are golden and crisp at the edges.

2 Arrange the fish fillets on top and scatter over the olives. Place a couple of lemon slices on top of the fish and drizzle with the remaining oil. Roast for a further 7-8 mins until the fish is cooked through. Serve scattered with basil leaves.

PER SERVING 387 kcals, protein 28g, carbs 28g, fat 17g, sat fat 3g, fibre 5g, sugar 8g, salt 0.7g

Chicken & olive casserole

SERVES 4 • PREP 10 MINS • COOK

30 MINS **Easy** **Vit C** **2 of 5-a-day** **Gluten Free**

2 tbsp olive oil

1 large onion, finely chopped

2 garlic cloves, finely sliced

8 large boneless, skinless chicken thighs

1 large rosemary sprig, leaves picked and finely chopped

2 tbsp sundried tomato paste

2 x 400g cans chopped tomatoes

1 tbsp clear honey

100g pitted green and black olives with herbs

2 tbsp capers

Small bunch of flat-leaf parsley, roughly chopped

Rice, to serve

1 Heat the oil in a large saucepan or flameproof casserole dish on a medium heat, add the onion and cook for a few mins. Add the garlic and cook for 1 min more. Remove the onion and garlic from the pan and set aside on a plate.

2 Turn up the heat, add the chicken and cook for a few mins each side until golden.

3 Return the onion and garlic to the pan with the remaining ingredients. Cover and cook for 20 mins until the chicken is cooked through, juicy and tender, and the sauce is rich and thickened. Serve with rice.

PER SERVING 373 kcals, protein 39g, carbs 16g, fat 17g, sat fat 3g, fibre 5g, sugar 13g, salt 1.8g >>



Spicy pasta,
packed with veg



Aubergine & chilli tagliolini

SERVES 4 ● PREP 10 MINS ● COOK 25 MINS **Easy** **V** **Low cal** **2 of 5-a-day** **Good for you**

2 tbsp olive oil

1 large aubergine, cut into bite-sized cubes

1 small onion, finely chopped

2 garlic cloves, finely chopped

1 red chilli, deseeded and finely chopped

1 tsp dried oregano

400g fresh tomatoes, roughly chopped, or 400g can chopped tomatoes

1 tbsp balsamic vinegar

400g dried tagliolini pasta or linguini

Small bunch basil, roughly chopped

50g pecorino, grated, or vegetarian alternative

1 Heat the olive oil in a large saucepan and cook the aubergine for 5 mins until starting to brown and soften.

2 Add the onion, garlic, chilli and oregano, and cook for just a few mins. Add the tomatoes, balsamic vinegar and about 200ml water, then reduce heat and simmer gently for about 20 mins, until the tomatoes are reduced and really softened, and the sauce is thickened.

3 Meanwhile, bring a large pan of water to the boil and cook the tagliolini following pack instructions. Drain the pasta and return to the pan. Add the sauce and toss well into the pasta with the basil. Serve with the grated pecorino.

PER SERVING 495 kcals, protein 17g, carbs 79g, fat 12g, sat fat 4g, fibre 9g, sugar 9g, salt 0.8g



Creamy asparagus puffs

MAKES 4 ● PREP 20 MINS ● COOK 20 MINS **Easy** **P** **Folate** **1 of 5-a-day**

Plain flour, for dusting

375g block all-butter puff pastry

150g pack cream cheese

4 thin slices cooked smoked ham

400g asparagus spears, trimmed

1 medium egg

Crispy salad, to serve

1 Heat oven to 200C/180C fan and line a baking tray with parchment. On a lightly floured work surface, roll out the pastry to a large square measuring about 30 x 30cm, then cut into 4 squares, each measuring 15 x 15cm.

2 Spread a quarter of the cream cheese onto each square, leaving roughly 1cm space around the edges. Wrap a slice of ham around 4-5 asparagus spears. Lay the bundle on top of the cream cheese, season, then brush the edges of the pastry with a little beaten egg.

3 Loosely wrap two edges of the square to meet over the asparagus bundle, ensuring you have the top and bottom of the asparagus showing. Brush the pastry with beaten egg and place on the baking tray. Bake for 20-25 mins until the pastry is cooked, golden and puffed, and the asparagus is tender. Serve immediately with a crisp seasonal salad.

PER PUFF 567 kcals, protein 16g, carbs 37g, fat 40g, sat fat 11g, fibre 2g, sugar 3g, salt 1.2g **GF**



Medieval Cravings from Sicily

This August, expand your gastronomic horizons with a triumph of flavors from one of the Mediterranean ancient islands where a port of various cultures meet traces of Sicilian, Spanish, Greek and Arab influences.




SUNDAY
START THE
WEEK AS YOU
MEAN TO
GO ON

Be healthy

ALL WEEK

Eat well everyday with these easy-to-toss-up, good-for-you dishes. Recipes JEMMA MORPHET
Photographs ADRIAN LAWRENCE

Spiced turkey patties with fruity quinoa salad

SERVES 4 • PREP 20 MINS • COOK 30 MINS **Easy**  **PATTIES ONLY**

Low cal **Low fat** **Fibre** **Vit C** **Iron** **3 of 5-a-day**

- 4 carrots, peeled and cut into thin batons
- 3 red onions, 2½ cut into chunky wedges (roots intact) and ½ grated
- 2 tbsp olive oil
- 200g quinoa
- 2 tsp each coriander seeds and cumin seeds
- 400g turkey mince
- 25g fresh wholemeal breadcrumbs
- 3 garlic cloves, crushed
- 4 tbsp 0% Greek yoghurt
- Few dashes of Tabasco
- 1 pomegranate, de-seeded over a bowl to catch the juices
- 2 oranges, segmented
- Large pack parsley, roughly chopped

- 1 Heat oven to 220C/200C fan. Tip the carrots and onion wedges into a roasting tin. Toss in 1 tbsp olive oil, season and roast, stirring once, for 30 mins or so until tender.
 - 2 Meanwhile, cook the quinoa following pack instructions, drain and put to one side. Heat a large, non-stick frying pan and toast the seeds for 1-2 mins until aromatic. Pop into a pestle and mortar and grind before tipping into a large bowl. Add the turkey, grated onion, breadcrumbs, most of the garlic and seasoning, then mix. Shape into 12 small patties. Heat the remaining oil in the same pan and fry the patties for 3-4 mins on each side until browned and cooked through.
 - 3 In a small bowl, mix the yoghurt, remaining garlic, Tabasco, 1 tbsp of water and seasoning. Toss together the drained quinoa, pomegranate seeds and juice, orange segments, parsley and roasted veg and some seasoning. Serve with the patties and spiced yoghurt.
- PER SERVING 452 kcal, protein 37g, carbs 55g, fat 10g, sat fat 2g, fibre 8g, sugar 24g, salt 0.4g

MONDAY
LIGHT AND
REFRESHING
VEGETARIAN
MAIN

**Bean salad with yoghurt
avocado dressing**

 SERVES 4 • PREP 25 MINS • COOK 5
 MINS **Easy** **V** **Low cal** **Low fat** **Folate** **Fibre**
Vit C **3 of 5-a-day** **Good for you**

2 round wholemeal pita breads,
 split in half and cut into triangles
 200g frozen broad beans
 1 avocado, flesh scooped out
 Small pack parsley
 8 tbsp low-fat natural yoghurt
 1 garlic clove, roughly chopped
 1 lemon, zest of ½, juice of whole
 2 Little Gem lettuces, roughly chopped
 400g can white beans, rinsed and
 drained (we used cannellini beans)
 4 spring onions, finely chopped
 2 carrots, peeled and grated
 10 radishes, halved
 Handful of snipped cress

1 Heat grill to high. Spread the pitta triangles out in a shallow baking tray. Toast for a couple of mins to crisp, turning once. Keep a close eye on them otherwise they will burn. Once toasted, remove and place to one side. Next, pop the broad beans in boiling water and cook for 2-3 mins, then drain and remove the bright green pod from the hard outer shell.
2 In a blender, whizz together the avocado, parsley, yoghurt, garlic, lemon juice and zest and seasoning.
3 Put the remaining ingredients in a bowl, except the cress. Toss together with the avocado and yoghurt dressing, then sprinkle over the pita croutons and cress. Eat straight away.

PER SERVING 260 kcals, protein 12g, carbs 38g,
 fat 7g, sat fat 2g, fibre 9g, sugar 10g, salt 0.7g


TUESDAY
HEARTY
PASTA
DISH
**Roasted squash, shallot,
spinach & ricotta pasta**

SERVES 4 • PREP 15 MINS • COOK 40

 MINS **Easy** **V** **Low fat** **Calcium** **Folate** **Fibre**
Vit C **2 of 5-a-day** **Good for you**

1 butternut squash (approx 800g in
 weight), peeled and diced
 4 banana shallots, quartered
 lengthways (roots intact)
 2 tbsp olive oil
 400g wholemeal pasta shapes
 300g baby spinach leaves
 6 tbsp ricotta
 4 sage leaves, very finely chopped
 Zest and juice 1 lemon
 A few gratings of fresh nutmeg

1 Heat oven to 200C/180C fan. Tip the squash and shallots into a large roasting dish. Toss in the oil, season and roast for 40 mins, stirring once.

2 Meanwhile, cook the pasta following pack instructions, reserving a few tbsp of cooking water. Place the spinach in a large colander and pour over boiling water to wilt. Allow to cool a little, then squeeze out as much excess water as possible. Pop into a bowl with two-thirds of the ricotta, the sage, lemon juice and zest, nutmeg and seasoning, then stir.

3 Next, tip the ricotta mixture into the hot drained pasta. Stir, adding a few tbsp of the cooking liquid. Mix most of the roasted veg with the pasta. Divide into bowls and dot with the remaining ricotta and scatter over any final bits of veg.

PER SERVING 504 kcals, protein 18g, carbs 84g,
 fat 11g, sat fat 3g, fibre 14g, sugar 14g, salt 0.4g >>



Miso brown rice & broccoli salad with fiery prawns

SERVES 3 ● PREP 15 MINS

● COOK 25 MINS **Easy** **Low cal**

Folate **Vit C** **1 of 5-a-day** **Good for you** **Gluten Free**

WEDNESDAY
A TASTY
RECIPE
TO KEEP YOU
ON TRACK

100g brown basmati rice
140g ready-shelled frozen edamame beans
140g broccoli (about ½ a head), broken into florets
1 tbsp white or brown miso paste
½ tsp fresh ginger, finely grated
1 tbsp rice vinegar
½ tbsp clear honey
2 tsp each sesame oil and vegetable oil
3 garlic cloves, thinly sliced
1 red chilli, thinly sliced
200g raw shelled prawns
2 spring onions, finely sliced
Large pack of coriander, roughly chopped

1 Cook the rice following pack instructions, adding the edamame beans for the last 3 mins of cooking. Drain well.
2 Meanwhile, steam the broccoli for 4-5 mins until tender. Run under very cold water, drain thoroughly and pat dry. In a small bowl, mix the miso, ginger, vinegar, honey, sesame oil and seasoning.
3 Heat the vegetable oil in a non-stick frying pan. Add the garlic and half the chilli and cook gently for a couple of mins, taking care not to burn. Throw in the prawns, lots of black pepper and a pinch of salt. Turn up the heat and cook for a few mins until the prawns are cooked through. Toss the miso dressing with the cooked rice, adding the spring onions, coriander and broccoli. Season and stir together. Spoon the spicy prawns on top, scatter over the remaining chilli and serve.
PER SERVING 304 kcals, protein 21g, carbs 35g, fat 8g, sat fat 1g, fibre 5g, sugar 6g, salt 0.6g

Squid & pinto bean stew with garlic toasts

SERVES 4 ● PREP 15 MINS,
PLUS SOAKING OVERNIGHT

● COOK 1 HR 40 MINS **A little effort**

Low fat **Folate** **Fibre** **3 of 5-a-day**

175g dried pinto beans, soaked overnight
2 large onions, 1 halved, 1 finely chopped
4 carrots, peeled, 1 left whole, 3 cut into rounds
4 sticks of celery, 2 halved, 2 diced
1 bay leaf
2 tbsp olive oil, plus 2 tsp
4 garlic cloves, 3 finely chopped, 1 left whole
800g prepared squid and tentacles, cleaned and the body cut into thick rings, the wings halved, tentacles left whole
1 tbsp tomato purée
1 thyme sprig
680g jar passata
500g pot fresh chicken stock
2 thick slices of brown bread, cut into quarters diagonally
¼ tsp smoked sweet paprika
Wilted greens, to serve (optional)

1 Drain the pinto beans, rinse in water and put in a large saucepan. Add the

halved onion, whole carrot and halved celery sticks, then cover with water and add the bay leaf. Bring to the boil, skim off any scum, turn down the heat and simmer until totally tender, for around 1 hr. When done, drain, discarding the bay leaf and cooked veg. Put the beans to one side until ready to use.
2 Meanwhile, heat a flameproof casserole dish with 2 tbsp oil. Toss in the remaining onion, carrot, celery and the chopped garlic. Fry gently for 15 mins until the vegetables are tender. Stir through the squid, tomato purée and thyme sprig. Cook for a min or two, then pour over the passata and chicken stock. Bring to the boil, turn down the heat, pop on the lid and simmer for 45 mins, stirring occasionally. Take off the lid and cook down for 30 mins.
3 Heat oven to 220C/200C fan. Stir in the beans. Cook until the squid is totally tender and the sauce has thickened. Put the bread on a baking sheet. Mix the remaining oil with paprika and seasoning, then drizzle over the bread and put it in the oven, cooking for a few mins each side until golden and crisp. Rub the oil side with the whole garlic clove. Scatter parsley over the stew and serve with the garlic toasts and some wilted greens, if you like.
PER SERVING 525 kcals, protein 49g, carbs 54g, fat 12g, sat fat 2g, fibre 7g, sugar 20g, salt 1.2g

THURSDAY
MEDITERRANEAN
STYLE
ONE-POT



Ginger noodles with chicken & hoisin aubergines

SERVES 2 • PREP 15 MINS • COOK 35

MINS **Easy** **Low cal** **Low fat** **Fibre** **2 of 5-a-day**

- 1½ tbsp rapeseed oil
- 2 chicken breasts, cut in half so you have 4 thin breasts
- 1 small aubergine, cut in half and then into wedges
- 1½ tbsp hoisin sauce
- 100g wholewheat noodles
- ½ x 100g pack beansprouts
- 4 spring onions, finely chopped
- ¼ Chinese cabbage, shredded
- Small pack of coriander, roughly chopped
- Juice 1 lime
- 1 ball stem ginger from a jar, very finely chopped, plus 1 tbsp syrup

1 Heat a griddle pan. Rub 1 tsp of oil onto the chicken breasts and season. Griddle for around 4 mins on each side or until cooked through. Set aside.

2 Toss the aubergine in the remaining oil and griddle for 5 mins on all sides, including the skin side, until tender. You may need to turn down the heat and keep turning the aubergine, as it will take some time to become totally soft. Brush with the hoisin sauce and cook for another 1-2 mins.

3 Meanwhile, cook the noodles following pack instructions, adding the beansprouts for the last 30 secs of cooking. Drain thoroughly. Mix with the remaining ingredients, saving a handful of spring onions. Season and put on plates or in bowls. Lay the chicken and grilled aubergine on top. Scatter over the remaining spring onions and serve.

PER SERVING 467 kcals, protein 39g, carbs 54g, fat 11g, sat fat 1g, fibre 6g, sugar 15g, salt 1.6g

**FRIDAY
SPECIAL
TREAT
FOR TWO**



**SATURDAY
LIGHTER
WAY TO ENJOY
BRUNCH
AT THE WEEKEND**

Ricotta pancakes with fruit compote & vanilla yoghurt

SERVES 4 • PREP 20 MINS • COOK 20

MINS **Easy** **COMPOTE ONLY** **V** **Low fat**
Calcium **Fibre** **Vit C** **2 of 5-a-day** **Heart healthy**

- 2 apples, peeled, cored and cut into wedges
- 2 pears, peeled, cored and cut into chunks
- 4 dates, stoned and chopped
- 1 cinnamon stick
- 3 oranges, 1 juiced and 2 segmented
- 4 tbsp 0% Greek yoghurt
- 1 tsp vanilla bean paste
- 140g plain flour
- 1 tsp baking powder
- 2 large eggs, separated
- 150ml skimmed milk
- 175g ricotta
- 1 tbsp vegetable oil

1 Place the apples, pears, dates, cinnamon stick and orange juice in a saucepan with 1 tbsp of water. Cook on a low heat for 15-20 mins until the fruit is soft and juices have thickened.

In a small bowl, mix the yoghurt with the vanilla bean paste. Set aside.

2 Meanwhile, make the pancakes in a large bowl, sieve together the flour and baking powder. In a jug, mix the egg yolks, milk and ricotta, then whisk until smooth. In another bowl, beat the egg whites until stiff peaks form. Next, pour the ricotta mix into the flour, whisking together briefly. Gently fold in the egg whites in two batches.

3 Heat a little of the oil in a large, non-stick frying pan. Dollop in a spoonful of the pancake mixture – you're looking to make about 12 pancakes from the batter. Fry for 1-2 mins on each side until puffed up and cooked through. Pile up on a plate with some foil placed loosely on top to keep them warm. Repeat to use up all the batter. Stir the orange segments through the compote and warm through. Serve the pancakes with a spoonful of compote and a dollop of the vanilla yoghurt on the side.

PER SERVING 370 kcals, protein 15g, carbs 53g, fat 11g, sat fat 4g, fibre 6g, sugar 27g, salt 0.6g **GF**



Summer salads

Bulk up salads with lentils, quinoa and beans to turn them into a main-course meal that's perfect for hot days.

Bean salad with yoghurt avocado dressing

SERVES 4 • PREP 25 MINS • COOK 5

MINS **Easy** **Low cal** **Low fat** **Folate** **Fibre** **Vit C**

3 of 5-a-day Good for you

2 round wholemeal pita breads, split in half and cut into triangles
200g frozen broad beans
1 avocado, flesh scooped out
Small pack of parsley
8 tbsp low-fat natural yoghurt
1 garlic clove, roughly chopped
1 lemon, zest of ½, juice of whole
2 Little Gem lettuces, roughly chopped
400g can white beans, rinsed and drained (we used cannellini beans)
4 spring onions, finely chopped
2 carrots, peeled and grated
10 radishes, halved
Handful of snipped cress

1 Heat grill to high, spread out the pita triangles in a shallow baking tray and toast for a couple of mins to crisp, turning once. Keep a close eye on them otherwise they will burn. Once toasted, remove and place to one side. Next, pop the broad beans in boiling water and cook for 2-3 mins, then drain and remove the bright green pod from the hard outer shell.
2 In a blender, whizz together the avocado, parsley, yoghurt, garlic, lemon juice and zest and seasoning.
3 Put the remaining ingredients, except the cress, in a bowl with the broad beans. Toss together with the avocado and yoghurt dressing, then sprinkle over the pitta croutons and cress. Eat straight away.

PER SERVING 260 kcals, protein 12g, carbs 38g, fat 7g, sat fat 2g, fibre 9g, sugar 10g, salt 0.7g

TIP Choose avocados that are firm but give a little when pressed.

Quinoa, squash & broccoli salad

SERVES 2 • PREP 10 MINS

• COOK 10 MINS **Easy** **Low cal**

Folate **Fibre** **Vit C** 3 of 5-a-day **Gluten Free**

2 tsp rapeseed oil
1 red onion, halved and sliced
2 garlic cloves, sliced
175g frozen butternut squash chunks
140g broccoli, stalks sliced, top cut into small florets
1 tbsp fresh thyme leaves
250g red & white quinoa, cooked
2 tbsp parsley, chopped
25g dried cranberries
Handful pumpkin seeds (optional)
1 tbsp balsamic vinegar
50g vegetarian feta, crumbled

1 Heat the oil in a wok with a lid, add the onion and garlic, and fry for 5 mins until softened, then lift from the wok with a slotted spoon. Add the squash, stir round the wok until it starts to colour, then add the broccoli. Sprinkle in 3 tbsp water and the thyme, cover the pan and steam for about 5 mins until the veg is tender.

2 Meanwhile, tip the quinoa into a bowl and fluff it up. Add the parsley, cranberries, seeds (if using), cooked onion, garlic and balsamic vinegar and mix well. Toss through the vegetables with the feta. *Will keep in the fridge for 2 days.*

PER SERVING 475 kcals, protein 17g, carbs 64g, fat 17g, sat fat 5g, fibre 10g, sugar 21g, salt 1.8g



Lentil, walnut & apple salad with blue cheese

SERVES 4 • PREP 30 MINS

• COOK 25 MINS **Easy** **Low cal**

Fibre **Iron** **2 of 5-a-day** **Good for you**

250g Puy lentils

1l vegetable stock or water

1 celery heart, finely chopped

1 Granny Smith apple, peeled, cored and finely sliced

2 shallots, finely sliced

25g walnuts, toasted and chopped

2 tbsp flat-leaf parsley, finely chopped

A few handfuls mixed leaf salad

1 tbsp strong vegetarian blue cheese, crumbled

FOR THE VINAIGRETTE

2 tbsp extra virgin olive oil or walnut oil

2 tbsp red wine vinegar

1 tsp Dijon mustard

1 garlic clove, crushed

1 Put the lentils and stock or water in a large saucepan and bring to the boil. Simmer for 20-25 mins, or until al dente. Drain and pour into a bowl. Add the celery, apple, shallots, walnuts, parsley and salad leaves, then mix together well.

2 To make the vinaigrette, put all the ingredients in a small glass jar with a lid. Season and shake well. Keep the lid on until ready to serve. Pour the dressing over the salad, toss well, then scatter with the blue cheese.

PER SERVING 349 kcals, protein 25g, carbs 33g, fat 13g, sat fat 3g, fibre 11g, sugar 5g, salt 1.0g



Aubergine & goat's cheese salad with mint-chilli dressing

SERVES 4 • PREP 15 MINS

• COOK 25 MINS PLUS PICKLING

Easy **Low cal** **Fibre** **3 of 5-a-day** **Good for you**

2 aubergines

1 tbsp extra virgin olive oil

2 pieces lavash or pita bread

175g cherry plum tomatoes, halved or quartered

4 large handfuls salad leaves

2 shallots, thinly sliced

50g hard goat's cheese (or vegetarian alternative)

FOR THE MINT-CHILLI DRESSING

3 tbsp balsamic vinegar

2 tbsp extra virgin olive oil

1 large handful mint leaves, finely chopped

1 red chilli, deseeded and chopped

1 shallot, finely chopped

1 Heat oven to 200C/180C fan. Cut the aubergine into 3cm chunks. Drizzle with

olive oil and season, then arrange on a baking tray and roast for 25 mins or until browned.

2 Rip the bread into pieces and put on a baking tray. Just as the aubergine is nearly ready, pop the bread into the oven and bake for 8 mins.

3 To make the mint-chilli dressing, mix all the ingredients together in a small bowl and season. Toss about one-third of the dressing with the aubergine and save the rest to pour over the salad. Arrange the tomatoes, salad leaves, shallots, dressed aubergine and crisp bread on a large platter. Drizzle the reserved dressing over and scatter the goat's cheese on top.

PER SERVING 262 kcals, protein 9g, carbs 27g, fat 13g, sat fat 4g, fibre 6g, sugar 8g, salt 0.7g

TIP Leaves from a whole lettuce will last longer than those in a bag. Look out for living salads (trays of growing baby salad leaves) if you can find them.



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Globe-trotting *with* RICE

Rice is a staple in many countries, and an extremely versatile ingredient to cook with. We asked the culinary team of Nosh, an international restaurant at Movenpick Hotel Jumeirah Lakes Towers offering rice dishes from different cuisines, to take us on a journey around the world with traditional rice recipes.

Photographs ANAS CHERUR



Andrew Fletcher,
Executive chef at
Mövenpick Hotel
Jumeirah Lakes
Towers since
2013, stepped
into the culinary

field when he began cooking French food at his family's country house hotel and restaurant in Cheshire, UK. After catering college, he joined Michelin starred chef Paul Heathcote in Manchester. Andrew then worked in France and Austria before moving back home, and then to the Middle East to work with Jumeirah Beach Hotel, prior to taking on his current role. Here, he shares recipes from five countries spanning five continents that showcase how rice is adapted to different cuisines. >>



INDIA

Braised lamb shank biryani

SERVES 8 • PREP 45MINS

• COOK 3 HRS **A little effort**

100g onions, sliced
1 whole spice bouquet garni (3 pcs of cardamom, 3 pcs of black cardamom, 1 cinnamon stick, 5 cloves and 2 bay leaves)

80ml oil

30g ginger and garlic paste

4 (180g) lamb shanks

1.5l water

30g yoghurt

A pinch of salt

2 tsp turmeric

2 tsp ground coriander

2 tsp cumin

Red chilli powder, to taste

50g tomato paste

FOR THE CRUST

500g refined flour

300g clarified butter

10g salt

8g sugar

100ml water

FOR THE BIRYANI

300g basmati rice

200g lamb cubes

50g brown onions

100g raw onions, sliced

100g yoghurt

A pinch of salt

50g ginger and garlic paste

Red chilli powder, to taste

2 tsp turmeric powder

2 tsp cumin powder

2 tsp coriander powder

20ml lemon juice

1 whole spice bouquet garni

100g ghee

1 tsp mace and cardamom

1 tsp garam masala

3g saffron threads, placed in a bowl of water

1 tbsp fresh cream

30g mint, chopped

30g coriander, chopped

Few drops of kewra water (screwpine or pandan water, available in specialty stores)

Few drops of rose water

Pistachio, fried cashews, almond flakes and dried apricots, for garnish



1 Heat oil, and fry the onions with the bouquet garni until golden brown. Add the spices and cook for a few mins. Add the ginger and garlic paste and continue to cook for a few mins. Sear the lamb shanks in a hot pan until golden and season with salt and pepper. Add the shanks to the pot with spices, followed by the water to just cover the shank. Wrap the pot with foil and braise in the oven at 140C for 2 hrs.

2 Mix the crust ingredients together to make the dough. Set aside for 20 mins, and roll out the dough to a little larger than the dish it will be served in. Make a hole in the centre of the dough – the same width of the lamb shank bone – and set aside.

3 To make the biryani, heat ghee in a pot, add the onions and fry until golden brown. Add all the spice powders, except the garam masala and cook for a few minutes. Add the ginger and garlic paste, and

continue to cook for a few mins. Place the lamb cubes in the mixture and brown off in the pan. Cover with water and simmer until the lamb cubes are tender.

4 Boil the rice with the bouquet garni until the rice is almost cooked, then strain. Put the rice on the meat and add the saffron water, cream, mint, coriander, kewra and rose water. Cover the pot and cook on a low flame for 5 mins.


5 Place the biryani in an oven proof dish and make a well in the centre to place the cooked lamb shanks. Pack the biryani around the lamb shank and cover the lamb bone with foil. Wrap the rolled out crust over the lamb shank – make sure the bone pops out through the hole in the centre – and seal the crust around the dish, brush with clarified butter and bake in the oven for 6 mins before serving.

PER SERVING 1900kcal, protein 88g, carbs 84g, fat 133g, sat fat 64g, fibre 8g, sugar 8g, sod. 1.2g



JAPAN

Yaki onigiri


MAKES 4 RICE BALLS ● PREP ● 25
MINS ● COOK 30 MINS 

1 tbsp miso paste
1 tbsp mirin (sweet sake)
½ tsp sugar
Pinch of dashi powder
320g cooked Japanese rice
2 tsp white sesame seeds, toasted
2 tsp sesame oil
Pickled ginger, to serve with
FOR THE OKAKA FLAKES
Handful of Katsuobushi (dried bonito flakes)
1 tsp soy sauce, to taste
All ingredients available in specialty Asian stores.

1 Mix the miso, mirin, sugar and dashi in a small bowl.
2 Add the sesame seeds to the cooked rice and make 4 rice balls, then shape them into a triangle (wet your hands in water before shaping, so that the rice doesn't stick).
3 Heat sesame oil in a frying pan, place the rice balls and cook on both sides on a medium-low heat until brown.
4 Brush the rice balls with the miso mixture and cook on both sides until it turns brown.
5 In a small bowl, mix the katsuobushi (dried bonito flakes) with the soy sauce. Sprinkle on top of the rice balls and serve with pickled ginger on the side.
PER SERVING 136kcal, protein 2g, carbs 24g, fat 3g, sat fat 0g, fibre 0.4g, sugar 1.5g, sod. 250mg

INDONESIA

Nasi goreng with coconut prawns

SERVES 4 ● PREP 35MINS ● COOK
25MINS 

1 tbsp oil
1 red onion, diced
1 red pepper, diced
2 celery sticks, chopped
1 carrot, finely diced
1 tsp chilli paste or sauce
1 garlic clove, minced
450g cooked rice (250g raw weight)
80g peas
80g sweet corn
280ml vegetarian stock
½ tbsp light soya sauce
2 spring onions, chopped
1 tbsp peanuts, crushed
Juice of ½ a lime (optional)
½ tbsp coriander (optional), chopped
FOR THE COCONUT PRAWNS
1 onion, sliced
1 stick of lemon grass, sliced
Small piece of fresh root ginger, grated
2 garlic cloves, crushed
2 tbsp sunflower oil
¼ tsp turmeric
1 tbsp ground coriander

200ml can of chopped tomatoes
100g coconut cream
1 tbsp mango chutney
1 red chilli, thinly sliced
16 tiger prawns

1 In a large frying pan or wok, stir-fry the onions, pepper, celery and carrots in hot oil until tender. Add the chilli paste and garlic, followed by the rice, and stir till the mixture turns warm. Add the peas, corn, stock, soya sauce – heat till very hot and season to taste.
2 Fry the onions, lemon grass, ginger and garlic in oil for 10 mins. Stir in the turmeric and coriander, then fry for 1 min. Blend the mixture with the tomatoes and coconut cream to make a purée.
3 Return to the pan with the mango chutney and chilli and reduce for 10 mins or until it reaches a thick paste. Add the prawns to the sauce and cook for a few mins, or until they turn pink. Add the fresh coriander and season with salt, pepper and lime juice. To serve, squeeze lime all over the rice. Garnish with peanuts, spring onions, chilli and coriander, and serve with the prawns on the side.

PER SERVING 630 kcal, protein 28g, carbs 70g, fat 28g, sat fat 1.6g, fibre 7g, sugar 10g, sod. 845mg >>





SPAIN

Paella with seafood, chicken and chorizo

SERVES 4 • PREP 30 MINS

• COOK 40 MINS **Easy**

- 6 boneless chicken thighs, skin on, each quartered
- A pinch of sea salt
- Freshly ground black pepper
- Plain flour, for dusting
- Olive oil, for frying
- 100g beef chorizo, sliced
- 6 slices veal bacon
- 1 onion, finely chopped
- 4 garlic cloves, finely chopped
- 2 large pinches of saffron
- 2l hot chicken stock
- 1 heaped tsp smoked paprika
- 500g paella rice
- 2 handfuls of fresh peas
- 10 king prawns, peeled and deveined
- 500g cleaned mussels
- 2 small squid, sliced

- 1 small bunch flat-leaf parsley, leaves picked and chopped
- Lemon wedges, for garnish

- 1** Preheat the oven to 190C.
- 2** Season the chicken pieces and dust with flour. Heat a little olive oil in a large deep pan and fry the chicken until golden brown on both sides. Bake for 15 mins.
- 3** Put the pan back on the heat, and fry the sliced chorizo and bacon until brown and crispy. Add the onions and garlic and cook until soft.
- 4** Mix the bacon and chorizo with the saffron, half the hot chicken stock, smoked paprika and rice – leave to cook on a medium heat. Pour in the rest of the stock after 15 mins, and add the peas, prawns, mussels and squid. Place a lid on the pan to cook the rice until done.
- 5** Slice the cooked chicken, and place on top of the rice. Serve with chopped parsley and a wedge of lemon.

PER SERVING 872kcal, protein 70g, carbs 100g, fat 23g, sat fat 4.5g, fibre 10g, sugar 5g, sod. 2.038g



MEXICO

Mexican rice with kidney beans, corn, cilantro and jalapenos

SERVES 4 • PREP 25 MINS • COOK 40 MINS **Easy**

- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 onion, diced
- 300g basmati rice
- 1 can plum tomatoes, chopped
- 350ml chicken stock
- 150g corn kernels
- 150g kidney beans
- 100g carrots, diced
- ¼ tsp chilli powder
- ¼ tsp cumin
- A pinch of sea salt and freshly ground black pepper
- 100g peas
- 2 Roma tomatoes, diced
- 2 tbsp fresh cilantro leaves, chopped
- Jalapeno peppers, sliced

- 1** Heat the olive oil in a large pan over medium heat. Add the garlic and onion, cook stirring frequently, until the onions have become translucent – about 2-3 mins.
 - 2** Stir in rice and cook until toasted, about 2 mins. Add the chopped tomatoes and chicken stock, bring to a simmer. Add the corn, kidney beans, carrots, chilli powder and cumin. Season with salt and pepper to taste. Bring to a boil, cover, reduce the heat and simmer until rice is cooked through. Add the peas and Roma tomatoes. Garnish with cilantro and jalapeno peppers.
- PER SERVING 434kcal, protein 12.6g, carbs 85g, fat 5g, sat fat 0g, fibre 8g, sugar 8g, sod. 630mg **CF**

Kitchen notes

Nutrition advice, cooking tips and product picks for your pantry.

Cooking with fish

Want to get the most nutrients and flavour out of fish?

Here are three simple steps to follow:

- * Keep fish out of the fridge for at least ten minutes before cooking, as it needs to warm up to get cooked perfectly in the centre.
- * Make sure it is properly scaled – scrape the back of a butter knife along the skin to loosen scales. Rinse thoroughly before using.
- * Always use fish the day you buy it, or the next day, so it's as fresh as possible.

Snack smart



Detox Delight knows we love snacking guilt-free, so their latest range of healthy snacks are all raw, vegan and free from gluten, artificial colouring, preservatives, and sugar. Indulge in crunchy granola (with almond, sunflower seeds, walnuts, dried dates and cinnamon), kale chips, and spicy crackers with flax seeds, sunflower seeds, red pepper and carrot, which come in re-sealable glass jars. Dhs38 each, visit www.detox-delight.ae to order.

Health update> THE NEXT BIG SUPERFOOD

Aronia (previously known as chokeberry) has been all the talk in the US lately. The black-purple coloured berry grown in North America has taken over healthfood store shelves in the forms of juices, powders and supplements, as it has even higher antioxidant levels than açai and goji berries. The berry is quite tart, and is being used for wine and juices as well. We can't wait for when we can get Aronia here too!

Look what we found!

3 great new products for your kitchen



This vibrant, delicious Farfalline arcobaleno pasta made with semolina flour and natural ingredients, is infused with paprika, beetroot and spinach. Dhs35 at Biorganic.

The C'est Sabarot French green Dry puy lentils have less starch than other green lentils, and come in a cute vintage tin to boot! Dhs25 at Secretsfinefood.com.



We will be splurging on this Aceto balsamico affinato Giusti vinegar, to drizzle it over vanilla ice cream with strawberries. Dhs670 at Eataly.



Reader tip of the month

Make it a habit to brine your poultry ahead of time. It brings out the flavour and sustains the texture too.

- Saied El Hakim



Got a great tip you want to share? Get in touch with us on facebook or twitter



SMART FOOD SWAPS



258
calories

A breaded, fried fish fillet with ½ cup coleslaw



187
calories

100g tuna salad

Swap for



68
calories

1 Nori sheet stuffed with 2 tbsp light cream cheese



154
calories

1 chicken steamed bun

Soup kitchen

Move over, boring, bland tomato soup from a can! Knorr has launched a new range of Gourmet Soups inspired by cuisine from fine restaurants around the world. The soups are available in flavours such as cream of broccoli with cauliflower florets and roasted hazelnut; cream of white and green asparagus with roasted almonds and parsley; and cream of wild mushroom with garlic, chives and roasted onions, which can all be made in minutes. Dhs5 per pack, at all leading supermarkets.





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Feel-good food for friends

Entertaining is still on the menu! Socialising needn't put you off your healthy eating plan – as these recipes prove.

French country fish & mussel stew

SERVES 4 • PREP 5 MINS

● COOK 25 MINS **Easy**  **Low cal** **Low fat**

Folate **Fibre** **Iron** **Omega-3** **2 of 5-a-day**

- 1 tsp rapeseed oil
- 2 unsmoked turkey rashers, chopped
- 1l hot fish stock
- Generous pinch of saffron
- 1 large carrot, finely diced
- 1 celery stick, finely chopped
- 2 leeks, well washed and thinly sliced
- 350g tomatoes, chopped
- 400g can cannellini beans, drained
- 265g pack skinless sustainable white fish fillets, such as haddock or cod, cut into chunks
- 350g fresh mussels, scrubbed and beards removed
- 2 tbsp chopped fresh parsley

1 Heat the oil in a large non-stick pan with a lid. Add the bacon or turkey rashers and stir-fry over a high heat for 1 min. Pour in the stock, then stir in the saffron, carrot, celery and leeks. Cover and cook for 10 mins over a medium heat.

2 Add the tomatoes and beans to the pan, and cook for 10 mins more until the veg is tender. The consistency will be quite brothy, so if you fancy a thicker texture, use a hand blender and purée a little soup in the pan to thicken it.

3 Stir in the fish and mussels, cover and cook for 5 mins more until the fish is just cooked and the mussels open. There will be too many shells, so take some of the mussels out of them. Stir through the parsley, then ladle into soup bowls.

PER SERVING 323 kcs, protein 49g, carbs 19g, fat 5g, sat fat 1g, fibre 8g, sugar 8g, salt 2.1g

Light yet special



Italian chicken with cream cheese & spinach

SERVES 4 • PREP 20 MINS

• COOK 45 MINS **Easy**  **Low cal**  **Low fat**

Folate **Fibre** **2 of 5-a-day** **Good for you**

1 large onion, halved and thinly sliced
85g low-fat cream cheese
200g frozen leaf spinach, thawed, squeezed really well and chopped
Generous grating of nutmeg
4 skinless chicken breasts
4 stems of cherry tomatoes on the vine (5-6 tomatoes per stem)
550g medium potatoes, thinly sliced
4 garlic cloves, sliced
8 pitted Kalamata olives, chopped
1 tbsp rapeseed or olive oil
Salad, to serve

1 Heat oven to 220C/200C fan and line a large baking tray with baking

parchment. Put the onion in a bowl and pour over boiling water to cover. Leave to soften for 15 mins. Meanwhile, beat the cheese, spinach and nutmeg together with plenty of black pepper. Spread over the chicken breasts, then top with the tomatoes.

2 Drain the onion slices, then toss them with the potato, garlic, olives, oil and black pepper. Arrange the potato mixture on the parchment in 4 piles spaced apart, then flatten. Bake for 25 mins until almost tender and starting to colour.

3 Remove from the oven, put 1 chicken breast on each pile of potatoes, and bake for 20 mins until the chicken and potatoes are tender and cooked all the way through, and the tomatoes are roasted. Serve with a big salad.

PER SERVING 352 kcals, protein 39g, carbs 32g, fat 8g, sat fat 2g, fibre 7g, sugar 8g, salt 0.6g




So easy, and good for you too



Sweet potato shepherd's pie

SERVES 6 • PREP 25 MINS


• COOK 1 HR 20 MINS **Easy** 

Low cal **Low fat** **Fibre** **Vit C** **3 of 5-a-day** 


1 tbsp rapeseed oil
2 onions, finely chopped
2 garlic cloves, chopped
2 carrots, grated or finely diced
2 tbsp fresh thyme leaves
400g pack extra-lean minced lamb or beef
85g red lentils
350g swede, diced
2 tbsp plain flour
750ml reduced-salt beef stock
200ml red wine
350g potatoes, diced
650g sweet potatoes, diced
150g pot 0% plain probiotic yoghurt
Generous grating of nutmeg
Green vegetables, to serve

1 Heat the oil in a large pan, then fry the onions for 6 mins until starting to turn golden. Add the garlic, carrots and thyme, and cook for 4 mins more. Stir in the mince, breaking it up with the spoon. When it has turned brown, add the lentils and swede with the flour. Cook for 1-2 mins, then gradually add the stock and red wine. Cover and simmer for 35-40 mins.

2 Meanwhile, boil all the potatoes for 15-20 mins until tender, then drain and mash with the yoghurt, nutmeg and black pepper. Spoon the meat mixture into a 2-litre ovenproof dish and spread or pipe the potato mixture on top. Grill until the topping starts to brown. (If making ahead, reheat in the oven at 180C/160C fan for 45 mins.) Serve with green vegetables, such as peas and broccoli.

PER SERVING 434 kcal, protein 28g, carbs 50g, fat 12g, sat fat 4g, fibre 9g, sugar 17g, salt 0.6g 





Popcorn nachos,
recipe p44




MOVIE NIGHT BITES

The summer months are ideal for movie marathon get-togethers. Serve up these easy-to-make, yet gourmet snacks from Jalal al Yousef, sous chef at newly opened Bystro Restaurant and Pastry House, when you host your next one. Photographs ANAS CHERUR



Jalal al Yousef, sous chef at Bystro Restaurant and Pastry House, is from Syria, and moved to London, after

finishing his culinary diploma back home. He began cooking at the age of 11 and has been in the culinary field for 11 years. Jalal worked at The Knightsbridge café and The Botanist prior to his move here, to open Bystro, a home-grown modern European restaurant with a Tuscan twist.



Grilled aubergines
with feta and
mint chilli, p44

Passion fruit
truffles, p44

Mini beef
burgers, p44

Cauliflower
fritters, p44

*These nibbles are perfect
for laying out sharing-style,
then pressing play!*

Masala prawn
skewers, p44

Popcorn nachos

MAKES 1 LARGE BOWL (20 SERVINGS) ● PREP 15 MINS ● COOK 10 MINS **Easy**

113g butter, melted
1 tsp red pepper, crushed
1 tsp ground cumin
1 tsp paprika
500g popped popcorn
80g cheddar cheese, shredded

1 Mix together the butter, crushed red pepper, cumin and paprika.
2 Place the popcorn in a bowl and drizzle the butter mixture all over. Top with cheddar cheese and serve.

PER SERVING 153kcal, protein 3.7g, carbs 19.4g, fat 6.8g, sat fat 3.7g, fibre 3.75g, sugar 0g, sod. 25.4mg

Masala prawn skewers

SERVES 4 ● PREP 20 MINS
● COOK 5 MINS **Easy**

3 tbsp olive oil
Juice and zest of 1 lemon
2 tbsp store-bought masala spice powder
10g fresh coriander, chopped
24 king prawns

1 Combine the oil, lemon juice and zest, masala powder and fresh coriander. Mix well and then add the prawns.
2 Place the prawns on a skewer (3 pcs on each) and cook in the oven at 180C for 5-7 mins.

PER SERVING 154kcal, protein 10.6g, carbs 4g, fat 12g, sat fat 0g, fibre 1.5g, sugar 0g, sod. 212mg

Grilled aubergines with feta and mint chilli

SERVES 4 ● PREP 20 MINS
● COOK 10 MINS **Easy**

2 large aubergines, cut into thin long slices
2 shallots, diced
1 red chilli, finely chopped and de-seeded
4 tbsp olive oil
250g feta cheese
½ bunch of fresh mint, finely chopped

1 Grill the aubergine slices on both sides for 2 mins.
2 Sauté the shallots and chilli in the olive oil until soft and set aside.
3 In a bowl, crumble the feta and add the

chopped mint, and shallot and chilli mixture.

4 Place 1 tbsp of the mix on each slice and roll carefully.

PER SERVING 364kcal, protein 11.8g, carbs 20.5g, fat 28g, sat fat 0g, fibre 10g, sugar 11.6g, sod. 705mg

Cauliflower fritters

SERVES 4 ● PREP 20 MINS ● COOK 15 MINS **Easy**

Small cauliflower, cut into florets
2 spring onions, finely chopped
2 garlic cloves, crushed
Juice and zest of 1 lemon

FOR THE DIP

100g Greek yoghurt
2 pinches of cayenne pepper

FOR THE BATTER

200g plain flour
100g corn flour
60g parmesan, grated
2 eggs
150ml soda water
A pinch of salt and pepper

1 Mix all the batter ingredients together – it should become a thick paste – and then add the cauliflower, spring onions, garlic cloves and lemon juice and zest.

2 To make the dip, mix together the yoghurt and cayenne pepper and set aside.

3 Heat the oil in a deep pan to 180C and fry the cauliflower florets in batches until golden brown. Place on a paper towel to remove excess oil and serve with the dip.

PER SERVING 388kcal, protein 16g, carbs 68g, fat 7g, sat fat 3g, fibre 4g, sugar 4g, sod. 360mg

Mini beef burgers

SERVES 4 ● PREP 15 MINS
● COOK 6 MINS **Easy**

400g beef, minced
15g fresh coriander, chopped
1 egg
Pinch of salt and ground pepper
Olive oil, for the buns
4 small burger buns
Handful of lettuce, per bun
2 tomatoes, sliced

FOR THE RELISH

1 tin of tomatoes
100ml white wine vinegar
700g sugar

10 plum tomatoes with skin on, diced to 1cm
6 large gherkins, diced to 1cm
10 drops of hot sauce or Worcestershire sauce

1 Mix together the beef, coriander, egg, salt and pepper, and make 40g portions for each serving.

2 Drizzle olive oil on the burger buns and toast until slightly golden.

3 Cook the burger patties on both side, until it reaches the meat temperature you desire – about 4 mins.

4 Simmer all the relish ingredients together for 1 ½ hrs. Break down any large bits of tomatoes with a fork, and set aside to cool. Vacuum pack or place in a zip lock back and take the air out. This will keep for 2-3 days.

5 Apply the tomato relish to the bun, lettuce and tomato slices. Place the burger patty on top, season, and secure the bun with a toothpick.

PER SERVING 370kcal, protein 30g, carbs 12g, fat 21.7g, sat fat 6g, fibre 0.5g, sugar 2.6g, sod. 370mg

Passion fruit truffles

MAKES 30-40 PCS ● PREP 3-4 HRS
● COOK 20 MINS **Easy**

600g white chocolate buttons
230g passion fruit purée
80g glucose syrup
80g non-salted butter, cubed
500g dark chocolate

1 Melt the white chocolate in a water bath (bain marie) over a medium heat.

2 Bring the passion fruit purée to the boil with the glucose syrup, and add this mixture gradually (in two to three intervals) into the melted white chocolate, whisking continuously. Don't pour all the liquid purée in at once. When combined, but still hot, add the butter and whisk again. Refrigerate for 2 hrs or overnight, until set.

3 Melt the dark chocolate in a water bath.

4 With a melon baller or teaspoon, take some of the passion fruit mixture, carefully pat with the palm of your hands to make small truffles and dip into the dark chocolate to coat completely. Refrigerate to cool, and then repeat the step and dip the coated truffles in the melted dark chocolate again – to form a thicker coat. Refrigerate again until set.

PER SERVING 154kcal, protein 6.3g, carbs 17.7g, fat 10.4g, sat fat 6.3g, fibre 1.7g, sugar 15g, sod. 0.4mg **GF**



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Party tricks!

Keep party food fun rather than fancy with a few supermarket shortcuts and a bit of imagination. You'll feed your guests in style and still have time to get yourself glammed up for the evening.

Recipes SARAH COOK Photographs ADRIAN LAWRENCE

10
clever
ideas

Fish finger tacos

MAKES 10 • PREP 10 MINS

• COOK 15 MINS  

Pack of 20 fish fingers

10 taco shells

300g ready-made coleslaw

1 fennel bulb, quartered and finely sliced

Zest and juice of 1 lemon, plus wedges and extra zest to serve

1 Cook the fish fingers and warm the tacos following pack instructions. Meanwhile, mix the coleslaw with the fennel, lemon zest and juice, and some black pepper.

2 Divide the coleslaw and fish fingers between the warm tacos, sprinkle over the extra lemon zest and serve immediately with the lemon wedges.

PER TACO 255 kcals, protein 9g, carbs 18g, fat 16g, sat fat 4g, fibre 3g, sugar 2g, salt 0.8g

Roast beef Yorkies

MAKES 12 • PREP 10 MINS

• COOK 15 MINS  

12 ready-made Yorkshire puddings

2 tbsp each creamed horseradish, wholegrain mustard and crème fraîche or soured cream

12 slices pastrami

½ small pack chives, snipped (or 2 tbsp crispy onions from a tub)

1 Cook your Yorkshire puddings following pack instructions. Meanwhile, mix the horseradish, mustard and crème fraîche or soured cream together.

2 Fold a slice of pastrami into each pudding, top with a dollop of the

mustardy cream, then scatter with chives or crispy onions and serve.

PER YORKIE 113 kcals, protein 6g, carbs 13g, fat 4g, sat fat 1g, fibre 1g, sugar 1g, salt 0.6g

Sticky duck sliders

MAKES 12 • PREP 15 MINS

• COOK 45 MINS  

Half ready-made aromatic crispy duck (from the supermarket or neighbourhood Chinese restaurant)
100ml hoisin sauce, plus extra for serving

Pack of 12 mini bread rolls

¼ cucumber, halved and thinly sliced
3 spring onions, shredded lengthways

100g fresh pineapple chunks, thinly sliced

1 Cook the duck following pack instructions. When it's almost cooked, warm the sachet of sauce from the duck pack with the hoisin sauce. Split the buns and warm or toast, if you like.

2 Finely shred the duck and skin from the bones using 2 forks. Mix with the hoisin sauce and divide between the rolls. Serve with extra hoisin sauce, the cucumber slices, spring onions and pineapple.

PER SLIDER 208 kcals, protein 12g, carbs 21g, fat 8g, sat fat 2g, fibre 2g, sugar 5g, salt 1.3g

Tex-Mex cheese dip

SERVES 8 • PREP 10 MINS • NO COOK

2 x 200g packs of feta, crumbled

200ml soured cream

3 tbsp sliced jalapeño chillies

1 red chilli (deseeded if you don't like

it too hot), finely chopped

½ x 198g can sweetcorn, drained

Small handful coriander leaves

Tortilla chips (or gluten-free alternative), to serve

Whizz together the feta and soured cream in a food processor, then spread over a large plate or platter and scatter with the chillies, sweetcorn and coriander. Serve with a bowl of tortilla chips.

PER SERVING 180 kcals, protein 9g, carbs 2g, fat 15g, sat fat 10g, fibre none, sugar 2g, salt 2.3g

Pizzadillas

SERVES 4 AS A SNACK OR 8 WITH OTHER PARTY FOOD • PREP 10 MINS

• COOK 20 MINS   

8 mini flour tortillas

200g tomato pasta sauce

200g grated mozzarella

2 tsp dried oregano

Approx 80g pack sliced salami

2 tbsp olive oil

1 Lay out the tortillas on your work surface. Mix together the tomato sauce, mozzarella, 1 tsp of the oregano and a good grinding of black pepper. Spread over each tortilla, then arrange the salami over 4 tortillas. Sandwich the other 4 tortillas on top.

2 Heat a non-stick frying pan over a medium heat. Mix the oil with the remaining oregano and brush over each side of the pizzadillas. Fry them for 2-3 mins on each side until golden and crisp, and the cheese has melted. Cut into wedges with a pizza wheel and serve.

PER SERVING (8) 264 kcals, protein 10g, carbs 22g, fat 15g, sat fat 6g, fibre 1g, sugar 2g, salt 1.4g >>

MAKE IT VEGGIE

Swap the salami for sliced pitted olives or thinly sliced cooked mushrooms.

Savoury bites

Sticky
duck sliders

Roast beef
Yorkies

Fish finger
tacos

Tex-Mex
cheese dip

Pizzadillas

Posh ice cream sandwiches

MAKES 7 ● PREP 20 MINS PLUS FREEZING ●
COOK 5 MINS  

100g pink wafer biscuits
250ml pistachio ice cream (vanilla or chocolate also works well)
100g white chocolate
50g shelled pistachios, finely chopped

1 Before you start, make sure you have space for a flat tray in your freezer. Arrange half the wafer biscuits on the tray. Spoon the ice cream into a food processor and pulse until just smooth (be careful not to let it melt too much). Spoon quickly into a disposable piping bag, cut off the end (a little narrower than the width of a biscuit) and pipe an ice cream log onto the biscuits. Try to squeeze from the end of the bag, so that the heat from your hands doesn't melt the ice cream.

2 Place a second biscuit on top to complete the sandwiches and press together a little to squeeze the ice cream to the edges. Put the tray into the freezer and freeze for at least 1 hr.

3 Melt the chocolate in a microwave or in a heatproof bowl over a pan of simmering water. Tip the pistachios into a dish. Working quickly, dip the end of each frozen sandwich into the melted chocolate, then into the pistachios. Put back onto your tray and freeze again for 1 hr.
Will keep for 1 month frozen in an airtight container between sheets of baking parchment.
PER SANDWICH 266 kcals, protein 4g, carbs 24g, fat 17g, sat fat 9g, fibre 1g, sugar 20g, salt 0.1g

Ice cream bombe

SERVES 8-10 ● PREP 20 MINS PLUS FREEZING OVERNIGHT ● NO COOK   

Sunflower oil, for greasing
500ml good vanilla ice cream
140g fruitcake
1 tsp mixed spice
6 tbsp dark rum
100g raisins
300g caramel or toffee sauce

1 Brush a pudding basin with a little sunflower oil, then line with cling film. Spoon the ice

cream into a food processor (or a bowl if you have a handheld blender). Crumble in the cake or pudding, add the mixed spice and 4 tbsp of the rum, and whizz together until nearly smooth. Stir in the raisins.

2 Scrape the ice cream mixture into the basin and smooth the top. Cover with cling film and freeze overnight until solid.

3 Take the pudding basin out of the freezer 15 mins before serving. Turn the pudding out onto a serving plate and peel off the cling film. Mix the caramel sauce and remaining 2 tbsp rum together and warm gently, if you like (it's still lovely cold). Serve with the Ice cream bombe.
PER SERVING (10) 283 kcals, protein 3g, carbs 43g, fat 9g, sat fat 5g, fibre 1g, sugar 36g, salt 0.3g

Salted caramel truffles

SERVES AS MANY AS YOU LIKE

● PREP 5 MINS PLUS CHILLING
● NO COOK  

Chocolate-covered caramels
Edible gold lustre
Sea salt flakes

Unwrap the chocolate-covered caramels and use a small paintbrush to dust the outsides with gold lustre. Add a few flakes of sea salt to the top of each one, then arrange on a serving plate (stacking in a tower makes them look extra special). Chill for at least 1 hr before serving.
PER TRUFFLE 25 kcals, protein none, carbs 4g, fat 1g, sat fat 1g, fibre none, sugar 3g, salt 0.5g

Bakewell trifles

MAKES 8 ● PREP 15 MINS ● NO COOK  

25g crunchy amaretti biscuits
140g Madeira loaf cake
112g cocktail or maraschino cherries, drained, plus extra to serve
200g cherry compote or jam
300g custard (from a pot)
300ml double cream
3 tbsp toasted flaked almonds

1 Crumble the biscuits and cake, roughly mix and divide between 8 small glasses. Halve the

cherries and divide between the trifles, then top with compote or jam.

2 Beat together the custard and cream, then dollop on top. Scatter over the almonds, add a cherry half to each trifle and chill until ready to serve.

PER TRIFLE 415 kcals, protein 4g, carbs 39g, fat 33g, sat fat 14g, fibre 1g, sugar 33g, salt 0.3g

Mini choc-orange cheesecake tarts


MAKES 12 ● PREP 20 MINS PLUS CHILLING
● COOK 15 MINS   TART CASES ONLY

350g chocolate chip cookie dough
200ml double cream
300g cream cheese, softened
50g icing sugar, sifted
298g canned mandarins in juice

1 Turn a metal muffin or bun tin upside down. Divide the cookie dough into 12 pieces. Roll each piece into a ball, then press over each dome, shaping down the sides to make an upside-down tart case. Chill for 30 mins.

2 Heat oven to 180C/160C fan. Bake the tin and cookie dough for 12-15 mins until the tart cases are golden. While still warm, cut away any excess that has dripped down the sides, prying with a knife to remove. Cool on a wire rack.

3 Whip the cream to soft peaks, then stir in the cream cheese and icing sugar. Drain the mandarins, reserving the juice. Add 4 tbsp of mandarin juice to the cream mixture and beat until smooth. Spoon into the cases and top with slices of mandarin. Chill until ready to serve.

PER TART 338 kcals, protein 3g, carbs 21g, fat 27g, sat fat 17g, fibre 1g, sugar 16g, salt 0.6g 

Sweet treats

Everyone needs a break from cooking sometimes – even us professionals! But we still want to serve homemade goodies for our summer gatherings. Make some of these fuss-free treats and you'll have as much fun as your guests.

Salted caramel truffles

Ice cream bombe

Bakewell trifles

Mini choc-orange
cheesecake tarts

Posh ice cream
sandwiches

Pizza perfection

Learn how to make an authentic Italian pizza from scratch with this step-by-step guide from Daniele Capobianco, Specialty Outlet Chef at Prego's, Media Rotana.



Italian native Daniele Capobianco began working in kitchens at the age of 12. He went to the Assisi Culinary Institute in Italy to

further pursue his passion, and then worked in India, Holland, Denmark and Oman, before moving to Dubai in 2010. He joined Prego's, Media Rotana as Specialty Outlet Chef in 2013.

Margherita pizza

MAKES 1 (28CM) PIZZA | PREP 30 MINS,
PLUS 2 HRS TO CHILL | COOK 7-10 MINS

100g flour
25ml water
25g crushed ice
1 ½g salt
3ml extra virgin olive oil
½g yeast
FOR THE PIZZA SAUCE
250g tinned tomatoes
A pinch of salt
1 tsp extra virgin olive oil
FOR THE TOPPING
4 pcs buffalo mozzarella
20g fresh basil leaves
2 tbsp extra virgin olive oil

1. Mix together the water, ice and salt with the oil on medium speed for 5 mins. Add

the flour and continue mixing for another 10 mins. Slowly add the yeast, breaking it with the palm of your hands, and mix for another 5 min (Step 1). Increase the speed to high for 10 mins and then take out the dough once it has elasticity and is completely smooth (Step 2).

2. Form a round ball shape with the dough, place in a plate or tray and cover with cling film. Set aside for 2 hrs at room temperature or refrigerate for 24 hrs at 4-5C.

3. Blend together the pizza sauce ingredients.

4. Sprinkle a little flour on the dough ball (Step 3) and press down with the palm of your hands, on a flat surface. Using your hands, or a rolling pin, roll the dough out to a circle. (Step 4). Spread the tomato sauce on top and roughly break the mozzarella and place all over. Cook for 7 mins at 200C.

5. Before serving, drizzle the oil all over and top with basil leaves.



1 Mix well to form a dough.



2 Check that the dough has elasticity and is completely smooth in texture.



3 Flour the dough ball, then press down.



4 Flatten and roll out with the palms of your hand or with a rolling pin.



For restaurant reservations,
call 04-4350201.

Media
Rotana
Dubai

Make a batch

Tomato passata,
recipe p46

Make the most of seasonal tomatoes and courgettes with these savoury and sweet recipes. Photographs LIS PARSONS



Sure to become a
new family favourite

Veg & cheesy rice bake

SERVES 4 • PREP 15 MINS • COOK 1

HR 5 MINS **Easy** **V** **Fibre** **Calcium** **2 of 5-a-day**

- 1 onion, chopped
- 1 tbsp olive oil
- 2 courgettes, sliced
- 1 aubergine, diced
- 450g fresh tomatoes, chopped
(or a 400g can chopped tomatoes)
- 200g risotto rice
- 2 eggs
- 140g cheddar, grated

1 Sweat the onion in the oil for 10 mins, until soft and lightly golden. Add the courgettes and aubergine. Fry until golden brown. Add the tomatoes and some seasoning, then cover and simmer for 30 mins, uncovering for the final 15 mins if using fresh tomatoes. Heat oven to 200C/180C fan.

2 Meanwhile, cook the rice in a large pot of salted boiling water for 20 mins, or until tender. Drain and mix with the eggs and two-thirds of the cheese.

3 Put the courgette and tomato mix in an ovenproof dish. Spoon the rice mixture over and smooth it out. Sprinkle over the rest of the cheese. Bake for 30 mins until bubbling and golden.

PER SERVING 443 kcal, protein 20g, carbs 48g, fat 19g, sat fat 9g, fibre 6g, sugar 8g, salt 0.8g >>



Courgette & ricotta tart

SERVES 6 • PREP 15 MINS

• COOK 35 MINS Easy V

2 tbsp olive oil

2 courgettes, thinly sliced

250g tub ricotta

2 large eggs

Small handful of basil, chopped

Pinch of nutmeg

1 tbsp grated Parmesan (or vegetarian alternative)

1 garlic clove, crushed

320g pack ready-rolled puff pastry

Flour, for dusting

1 Heat oven to 200C/180C fan. Heat half the olive oil in a frying pan. Cook the courgettes for 5 mins until golden around the edges, then remove from the pan and set aside. Mix the ricotta with the eggs, most of the basil, the nutmeg, Parmesan and garlic. Set aside.

2 Unroll the pastry on a lightly floured surface – roll it out lightly to give an even surface. Line a baking tray with baking parchment and lay the pastry on top.

3 Spread the pastry with the ricotta mix, leaving a border of 1cm around the edge, then press the courgette slices into the ricotta. Bring the pastry sides up over the edge of the filling and pinch so that none seeps out the sides.

4 Bake for 30 mins until the tart is puffed up and golden. Serve warm, scattered with the remaining basil.

PER SERVING 341 kcal, protein 11g, carbs 21g, fat 24g, sat fat 11g, fibre 1g, sugar 2g, salt 0.6g



Courgette & tomato soup

SERVES 8 • PREP 10 MINS • COOK

35 MINS Easy V Low fat Vit C 3 of 5-a-day

1 tbsp butter

2 onions, chopped

1kg courgettes, sliced

1kg tomatoes, chopped

2 tbsp plain flour

½ tsp turmeric

2l chicken or vegetable stock from cubes

Crusty bread, to serve (optional)

1 Melt the butter in a large pan,

add the onions and courgettes, and cook for 5 mins on a medium heat, stirring occasionally.

2 Add the tomatoes and flour. Cook for a couple of mins, stirring around to stop the flour from becoming lumpy. Add the turmeric and stock, cover and simmer for 30 mins.

3 Purée with a stick blender, then sieve if you want a really smooth texture. Serve hot with crusty bread, if you like, or chill, then freeze for up to 2 months.

PER SERVING 90 kcal, protein 4g, carbs 12g, fat 3g, sat fat 1g, fibre 4g, sugar 8g, salt 0.8g

Tomato passata

MAKES 800ML

• PREP 15 MINS

• COOK 15 MINS

Easy V Low fat

1 of 5-a-day Good for you



1kg tomatoes,

halved or quartered

6 garlic cloves, halved

1 tbsp olive oil

1 tsp caster sugar

1 Put the tomatoes, garlic and olive oil

in a saucepan over a medium heat. Cover and cook for 10 mins, shaking occasionally, until the tomatoes have collapsed completely.

2 Season generously and add the sugar. Remove the lid and boil for 5 mins until the garlic is soft. Allow to cool, then sieve the pulp. You can now pour into freezer-proof containers and freeze for up to 3 months, or pour into jars and keep in the fridge for up to 1 week. Or use straight away in sauces, soups and stews.

PER SERVING 51 kcal, protein 2g, carbs 6g, fat 2g, sat fat none, fibre 2g, sugar 6g, salt none

Courgette loaf cake

CUTS INTO 8 SLICES ● PREP 15 MINS

● COOK 1 HR **Easy** **V****Butter, for the tin****2 large eggs****125ml vegetable oil****85g soft brown sugar****350g courgettes, coarsely grated****1 tsp vanilla extract****300g plain flour****2 tsp cinnamon****¼ tsp nutmeg****½ tsp bicarbonate of soda****½ tsp baking powder****85g walnuts, roughly chopped****140g sultanas**

1 Heat oven to 180C/160C fan. Butter and line a 2lb loaf tin with baking parchment. In a large bowl, whisk the eggs, oil and sugar, then add the

courgettes and vanilla.

2 In another bowl, combine the remaining ingredients with a pinch of salt.

3 Stir the dry ingredients into the wet mixture, then pour into the tin. Bake for 1 hr, or until a skewer inserted into the centre comes out clean. Leave to cool, then serve, or freeze for up to 1 month.

PER SLICE 457 kcals, protein 8g, carbs 50g, fat 25g, sat fat 3g, fibre 3g, sugar 23g, salt 0.3g **GF**

The hidden veg keeps this cake really moist

Luscious fruits

It's summertime, and that can only mean one thing – bursting-with-flavour seasonal bounty in most parts of the world, many of which make their way into our supermarket shelves. Enjoy them while they're fresh with this new collection of recipes.

Recipes CASSIE BEST

Photographs STUART OVENDEN

Try our
**cover
recipe!**

Cherry, rose
& pistachio
Pavlova
traybake



Cherry, rose & pistachio Pavlova traybake

SERVES 8-10 • PREP 35 MINS PLUS
COOLING OVERNIGHT • COOK 1½ HRS

A little effort **Gluten Free**

FOR THE MERINGUE

5 large egg whites
250g white caster sugar
1 tsp each white wine vinegar
and cornflour

FOR THE TOPPING

200ml double cream
150ml coconut yoghurt
1-2 tsp rose water
250g cherries halved and stoned, plus
a few with stems on to decorate
100g shelled pistachios,
roughly chopped
Edible organic rose petals, to
decorate (optional)

1 Heat oven to 140C/120C fan. Line a large, flat baking tray with baking parchment. Place the egg whites in a large, grease-free bowl with a pinch of salt. Using clean, electric beaters, whisk until the eggs hold soft peaks. Add the sugar, 1 tbsp at a time, whisking well between each addition, until the meringue is thick and glossy, and will hold up in stiff peaks on the end of the beaters. Add the vinegar and cornflour and whisk again until combined. Using a large spoon, pile the meringue onto your baking tray, then spread to a rectangle, roughly A4 size. Use the back of the spoon to make peaks and dips in the meringue to create an attractive texture. Bake in the centre of the oven for 1 hr 20 mins, then turn off the oven and leave the Pavlova inside to cool overnight.

2 Just before serving, assemble the Pavlova. Very softly whip the cream, then fold through the coconut yoghurt and rose water. Remove the Pavlova from the baking parchment and place on a large serving plate or board. Dollop the coconut cream on top, then top with the cherries, and scatter over the pistachios and rose petals, if using. Serve straight away.

PER SERVING (10) 297 kcal, protein 5g, carbs 32g, fat 17g, sat fat 8g, fibre 1g, sugar 30g, salt 0.2g

Crumble
– not just for
cold days!



Very-berry oat crumble

SERVES 6 • PREP 20 MINS

• COOK 25 MINS **Easy** **Vit C** **1 of 5-a-day**

FOR THE CRUMBLE

100g plain flour
50g rolled oats
100g butter, cut into cubes
50g golden caster sugar

FOR THE FRUIT FILLING

400g strawberries, hulled and halved
if large
100g golden caster sugar
1½ tbsp cornflour
500g mixed berries and currants,
such as raspberries, blackberries,
blueberries, redcurrants or
blackcurrants

Ice cream or custard, to serve

1 Heat oven to 200C/180C fan. Put the flour, oats, butter and sugar in a bowl,

squash together with your fingers into a crumble texture, sprinkle over a baking tray and bake for 10 mins, stirring and roughly breaking up halfway through cooking. *Can be done up to 2 days ahead, and stored in an airtight container.*

2 Meanwhile, put the strawberries, sugar and cornflour in a large pan. Stir together and set over a medium heat. Cook until the strawberries just start to release their juices and soften, then stir in the remaining berries. Transfer to an ovenproof baking dish.

3 When the crumble topping is cooked, sprinkle it over the fruit, and place back in the oven for a further 15 mins until bubbling and golden. Leave for 5 mins before serving with ice cream or custard.

PER SERVING 369 kcal, protein 5g, carbs 54g, fat 15g, sat fat 9g, fibre 6g, sugar 34g, salt 0.3g >>

EASY IDEA FOR CURRANTS

Speedy currant & port sauce

Simmer **currants** (red, black or white) with a **splash of port** and a **sprinkling of sugar** until syrupy – taste and balance the flavours with a little more sugar or a **splash of white wine vinegar**, if necessary. Serve with lamb, duck or game.



Rustic strawberry tart

SERVES 8 • PREP 45 MINS PLUS

CHILLING • COOK 50 MINS Easy Vit C

600g strawberries, hulled and sliced

2 tsp cornflour

2 tsp golden caster sugar

4 tbsp strawberry jam, sieved

FOR THE PASTRY

140g chilled butter, cubed

225g plain flour, plus extra for dusting

25g fine polenta, cornmeal or semolina, plus 1 tbsp more and extra for sprinkling

2 tsp golden caster sugar

2 medium eggs

Clotted cream, to serve (optional)

1 First make the pastry. Put the butter, flour, 25g polenta, sugar and a pinch of salt into the large bowl of a food processor and blitz to fine crumbs. Beat 1 of the eggs and add to the mixer and blend again until the pastry starts to clump together. Tip onto your work surface and knead briefly to bring the

pastry together into a smooth ball.

Flatten into a disc, wrap in cling film and chill for 30 mins.

2 Heat oven to 180C/160C fan. Dust your work surface with a little polenta and flour, then roll out the pastry into a circle roughly 35cm in diameter. Line a large baking sheet with parchment and lay the pastry on top. Put the strawberries in a bowl and toss through the cornflour and sugar. Sprinkle the pastry with 1 tbsp polenta, then arrange the strawberries on top, leaving a border about 3cm clear around the edge.

3 Beat the remaining egg and sweep over the pastry edge with a brush. Fold the pastry over the strawberries, pinching to create a rough border, and leaving the centre exposed. Brush the edge with more egg. Bake for 45-50 mins until golden brown and crisp. Brush the strawberries with the jam. Leave to cool for 15 mins before serving with clotted cream, if you like.

PER SERVING 335 kcals, protein 5g, carbs 42g, fat 16g, sat fat 10g, fibre 2g, sugar 16g, salt 0.4g

Frozen berry & ginger nut yoghurt pops

MAKES 8 • PREP 25 MINS PLUS 4 HRS

FREEZING • NO COOK Easy Low fat Vit C

100g ginger nut biscuits

405g can light condensed milk

250g red berries (we used strawberries, raspberries and redcurrants)

500g pot 0% fat natural Greek yoghurt

250g purple berries (we used blueberries, blackberries and blackcurrants)

YOU WILL ALSO NEED

8 paper cups

8 wooden lolly sticks

1 Place the biscuits in a food processor and blitz into crumbs. Add 2 tbsp condensed milk and blend again until the crumbs start to clump together. Divide the biscuit crumbs between 8 paper cups, pressing down with the back of a spoon. Make sure you scrape out every last crumb, then you won't have to wash the

processor before the next step.

2 Roughly chop any large berries.

Put half the red berries, half the remaining condensed milk, and half the yoghurt in the food processor and blend until smooth. Remove the blade from the processor and stir through the remaining chopped red berries. Divide the mixture between 4 of the paper cups. Repeat with the purple berries and remaining ingredients.

3 Place a lolly stick into each cup, pushing down into the biscuit base to help it stand up straight. Freeze for at least 4 hrs before serving. To remove the lollies from the cups, tip upside down, and gentle squeeze the cup until the lolly slips out.

PER SERVING 247 kcals, protein 13g, carbs 44g, fat 2g, sat fat 1g, fibre 2g, sugar 39g, salt 0.4g

MAKE IT Gluten Free Swap the biscuits for a gluten-free variety, or simply leave out.





The graduated icing adds a stylish, dramatic finish

Raspberry caramel ombre cake

SERVES 12-15 ● PREP 1 HR 10 MINS

PLUS CHILLING ● COOK 1 HR

More of a challenge 🧠 SPONGES ONLY

FOR THE SPONGES

400g butter, softened, plus a little for greasing

400g soft light brown sugar

5 large eggs

400g self-raising flour

2 tsp vanilla extract

2 tbsp milk

200g raspberries

FOR THE ICING

397g canned caramel

300g full-fat cream cheese

140g butter, softened

300g golden icing sugar

100g raspberries

Pink and caramel food colouring pastes

1 Heat oven to 160C/140C fan. Grease and line the base and sides of 2 x deep 20cm cake tins with baking parchment. In a large bowl, beat the butter, sugar and ¼ tsp salt with an electric hand whisk until light and fluffy. Add the eggs, one at a time, beating well after you add each one. If it looks like it might split, add spoonfuls of the flour. Add the remaining flour, then stir in the vanilla and milk and gently fold through the raspberries, trying not to break them up too much. Divide the mixture between the tins and bake for 50-55 mins, or until a skewer inserted into the centre of the cakes comes out clean. Cool in their tins for 20 mins before flipping onto wire racks, so the base now becomes the top, to cool completely.

2 To make the icing, put 1 tbsp of the caramel, the cream cheese, butter and icing sugar in a large bowl and beat with an electric hand whisk until smooth –



try not to overbeat or the icing may become runny. Split the cakes through the centre using a large serrated knife. Use a little of the cream cheese icing to stick one cake layer to a board or cake stand. Layer the remaining cake layers on top, filling with the caramel and some raspberries between each layer, finishing with a flat top of caramel.

3 Using roughly a third of the icing, cover the cake with a thin layer using a palette knife – don't worry too much about getting it smooth at this stage, this first coat is to fill any gaps between the sponges and catch any crumbs. Once covered, chill for 30 mins.

4 Split the remaining icing between two bowls, with roughly two-thirds in one bowl and the remaining third in the other. Use a little food colouring to dye the smaller batch pink, and the other a biscuity-caramel colour. Remove the cake from the fridge. Dollop the caramel coloured icing on top of the cake and, using your palette knife, spread the icing over the top, then tease it down the sides, stopping roughly halfway down. Use the pink icing to cover the bottom half of the cake.

5 You should now have a stripe of pink at the bottom and caramel icing on the top half of the cake. Clean your palette knife and gently swipe the icing upwards, through the pink into the caramel, blending the colours together. Continue to do this around the cake, wiping your palette knife between each swipe. Once you've gone all the way around, run your palette knife all the way around the edges to smooth the surface, or leave it more rustic if you prefer. *Best eaten within 1 day of making, will keep in the fridge for up to 3 days, just bring to room temperature before eating.*

PER SERVING (15) 730 kJ, protein 7g, carbs 81g, fat 43g, sat fat 26g, fibre 2g, sugar 62g, salt 1.1g >>



Serve in a mix
of glasses for a
relaxed look

Salted almond snaps

MAKES 6 • PREP 30 MINS
• COOK 25 MINS PLUS COOLING

Easy

50g butter
75g soft light brown sugar
Good pinch of sea salt flakes
1½ tbsp plain flour
100g toasted, flaked almonds

1 Heat oven to 180C/160C fan and line a baking tray with baking parchment. Melt the butter, sugar and a good pinch of

sea salt in a large pan until combined and bubbling – don't let this get too dark. Add the flour and almonds, and stir until coated in the buttery liquid.
2 Working quickly, spoon 6 mounds of the almond mixture onto the baking tray, spaced a little apart. Gently press down with the back of a spoon to flatten, then sprinkle with a little extra salt. Bake for 10 mins, then allow to cool before serving with the panna cottas.

PER SNAP 226 kcals, protein 4g, carbs 17g, fat 16g, sat fat 5g, fibre none, sugar 13g, salt 0.3g

Strawberry panna cotta

SERVES 6 • PREP 30 MINS
PLUS COOLING AND 3 HRS CHILLING
• COOK 25 MINS **A little effort**

Vit C Gluten Free

FOR THE PANNA COTTA

3 gelatine leaves
450ml double cream
200ml whole milk
100g white caster sugar
1 vanilla pod

FOR THE STRAWBERRIES

400g strawberries, hulled and
halved, or quartered if very large
1½ tsp cornflour
50g white caster sugar

1 For the panna cotta, put the gelatine leaves in a small bowl of cold water to soften – this will take about 5 mins. Meanwhile, pour the cream, milk and sugar into a pan, split the vanilla pod, scrape out the seeds and add, along with the pod, to the cream mixture. Heat gently until hot, but not bubbling. Remove the gelatine leaves from the water, squeeze out any excess liquid then add, one at a time, to the hot cream. Stir until dissolved. Leave to stand for 20-30 mins until cooled – the vanilla pods should be suspended in the liquid by this point. Strain the mixture through a sieve into 6 serving glasses, then chill for at least 3 hrs.

2 Toss the strawberries with the cornflour and sugar in a saucepan.

3 Place over a medium heat and cook for 4-5 mins, until the released juices thicken and the strawberries soften. Set aside to cool. Once completely cooled, top the set panna cottas with the strawberry mixture. Chill until ready to serve.

PER SERVING 477 kcals, protein 3g, carbs 32g, fat 37g, sat fat 23g, fibre 1g, sugar 31g, salt 0.1g



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- * British cookery school owner Caroline Waldegrave lets us into her home, **P62** * The South of Spain is an enticing destination, **P64**



Are you INTOLERANT?

No we're not talking patience levels here! Food intolerances are becoming an increasingly prevalent condition around the world. Nicola Monteath and Sudeshna Ghosh find out more.

Have you ever eaten a meal and experienced bloating, cramps, or flatulence soon after? Most people would blame it on the fact that they ate unhealthy, or are probably just too full from the meal, but these symptoms are likely related to a food you are intolerant to.

A food intolerance essentially triggers a delayed allergic reaction to a particular type of food. When you are intolerant to something, it means your body has trouble digesting it, and the inability of breaking down these proteins, results in unpleasant side effects.

In recent years, it appears to have become quite fashionable to go gluten-free or dairy-free, but while it could just be buying into a fad for some, it is a real health issue for many people. Over the last few years, food intolerances have been on the rise, and this is particularly due to the changes in eating habits, lifestyle activities, and the way our bodies have changed over generations. Our diets now include more processed and industrially manufactured foods, many of which contain high amounts of gluten, soy, dairy, fructose and modified foods, compared to our ancestors' diets, which results in us absorbing a lot of toxins, often unknowingly. Those of us who don't look at labels while shopping, might not even realise how much of it we consume. Modern lifestyles, with increased stress levels, can also contribute to the development of an intolerance, while in some cases, it could just be a matter of eating something in excess over a length of time, due to which the body simply protests against digesting it. "Nowadays, people exhaust their bodies with antibiotics and pain-killers, and this weakens the digestive system as well," says Dr M. Jay Al Khatib, Laboratory Director at York Diagnostics Laboratory.

It is also thanks to growing awareness, that more people are now getting diagnosed and treated for the condition – Dr. Jay does approximately 50-100 intolerance tests in a month, and tells us that the number has increased by as much as 40 per cent in the last two years.

WHAT IS AN INTOLERANCE?

A food allergy isn't the same as a food intolerance – although it is common to confuse the two. The main difference between them is in the fact that a food allergy is related to your immune system, while a food intolerance is related to your digestive system. "When you're allergic to something, your immune system mis-identifies it as dangerous and sends out antibodies to fight off its proteins. You suffer allergic symptoms as a result of the battle between the allergen and the immune system," explains Lily Mueller, Nutrition Coach at Dubai Herbal and Treatment Centre. Food intolerances, on the other hand, are a chemical reaction to a certain type of food. A person who is allergic to a particular food can't and should not have even a trace of the culprit food, as it triggers a reaction instantly. On the

other hand, a person who is intolerant to a food can occasionally have a small portion of it, as in some cases, the body can handle it in certain amounts. Because the effects of an intolerance are usually relatively mild, people can go through their entire lives suffering from one, but accepting the condition without knowing what causes it. "Also, a food intolerance isn't usually a permanent condition," adds Dr Jay.

Irritable bowel syndrome and Crohn's disease are some of the main medical conditions associated with food intolerances, but there are multiple other symptoms as well. "Those allergic to a food may experience hives, rashes, diarrhoea, nausea, vomiting, swelling, coughing and sneezing, while those intolerant to food may simply experience bloating, diarrhoea, vomiting, gas, heartburn, headaches and irritability, among

other symptoms,” says Lily. However, that doesn’t mean it isn’t damaging to health. Food intolerance symptoms aren’t only confined to stomach or digestive issues, and also include problems ranging from lack of concentration, nasal congestion, joint pain, back ache, fatigue, depression and skin rashes.

Dr Jay tells us that a food intolerance can also lead to mood swings, hypertension and a change in behaviour – particularly in children. “I did a test on an autistic child, and his behaviour improved tremendously when he eliminated the food he was intolerant to. We also did a test on a child who had been sent home from school for bad conduct, and found out that he was intolerant to meat – which he had eaten that day. After two weeks, the parents received a call from the teacher, notifying them about the incredible change they saw in the child after they cut meat out from his diet,” he says.

If you suspect you might have an intolerance, then there are various ways to go about testing for it. “Give your body the wrong food, and it will put you out of sync. So it’s best to find out what exactly isn’t working for your body,” says Dr Jay.

The self-testing route is the most economical way as you eliminate foods you think you might be intolerant to. However, you might not always get accurate results, since symptoms can occur 24 to 48 hours after eating the culprit food – which makes it hard to identify what caused the reaction. Lily suggests cutting out dairy, wheat and/or gluten for a few days, as they are the most prevalent intolerance around, to notice if there is a difference.

If you constantly suffer from symptoms like migraines, constipation, diarrhoea and bloating, Dr Jay recommends doing a blood test – which, while expensive, is a precise way of diagnosing the condition, and analyses hundreds of foods to detect what the intolerances are for. Applied kinesiology test (developed in the US in 1964) is another test which works on the theory that food sensitivity occurs when your body’s energy fields react with particular foods, and diagnosis is done with muscle testing. Other methods include the Vega test (done with a machine), breath test, biopsy (a sample of the tissue is taken from the intestine to look for matters of gluten), and stool test for fructose and gluten intolerances.

COMMON INTOLERANCES

You have probably noticed that many packaging labels now indicate that a particular product has gluten, soy or dairy in it, as do restaurant menus. Supermarkets here are increasingly starting to cater to ‘free-from’ requirements, with many of

them offering dedicated aisles for such intolerance-friendly products.

There are a number of intolerances from gluten and dairy, to fruit, vegetables, and everything in between, like soy, MSG and tyramine-foods (beer, wine, fermented cheese, sausage, chocolate, to name a few), to check for. But the most common ones are those that are triggered by foods that we consume, in different forms, the most. These are:

Gluten intolerance

Gluten can be found in barley (malt, malt vinegar), rye, wheat, triticale (a cross between wheat and rye), bulghur, cereal, spelt, durum, and in hidden forms in various foods like salad dressings, cookies, cakes, pasta, processed meats and gravies, and even things like soy sauce. Those who are intolerant to it have a hard time absorbing nutrients and must eat gluten-free foods to avoid symptoms like bloating, abdominal discomfort, constipation, diarrhoea, headaches, severe acne, fatigue and bone or joint pain. Rice (white and brown), corn, buckwheat, millet, quinoa, teff and soy are great alternatives for those who are sensitive to gluten.

Lactose intolerance

Lactose is a sugar found in dairy products such as milk, ice cream and cheese, salad dressings, certain candy, breads and baked goods. Those who are sensitive to lactose usually have little or no lactase (an enzyme) in the intestines, and so the indigested lactose travels through the digestive tract to the colon, where it ferments in the lower intestine and causes various symptoms. Those who are lactose intolerant tend to suffer from symptoms like flatulence, bloating, diarrhoea, or painful cramps. Lactose-free milks, rice, hemp, oat, nut and soy milk are all great alternatives.

Dairy intolerance

There’s a difference between dairy and lactose intolerance – dairy refers to milk that comes from cows and other mammals and foods made with that milk, while lactose is simply a sugar found in certain dairy products. So, a dairy product can be processed to make it lactose-free, but a product that is lactose-free isn’t always necessarily dairy-free. Those sensitive to dairy (cow’s milk, cheese, butter) experience similar symptoms to those who are lactose intolerant. Lily suggests trying rice, almond, soy, oats, camel, goat’s, sheep or coconut milk, if you are intolerant to cow’s milk. Non-dairy coconut yoghurt, goat’s and sheep cheese, and camel cheese could also be viable alternatives in some cases.

Yeast intolerance

A number of baked goods like pastries, buns, bread, rolls, muffins, and various other bakes contain yeast. Beer, wine, cider, stock cubes and certain pickles and mayonnaise are also on the list. Those intolerant to yeast may suffer from anxiety, bladder infections, abdominal bloating, dizziness, fatigue, cravings for sugar, constipation, respiratory problems and weight gain. Baking soda and lemon, buttermilk and yoghurt can be used as a replacement for yeast.

Soy intolerance

Soy beans are broken down into a powder form and used in everything from oils to additives to add protein and flavour to packaged foods. You can find soy in granola, chocolate spreads, biscuits, and many other foods. Those who are intolerant to soy have trouble breaking down the protein and sugar in foods that contain it. Some of the symptoms include abdominal pain, bloating, cramps and nausea. Rice and almond milk work as a great alternative to soy milk, and so does ricotta cheese and sour cream in place of silken tofu. Coconut aminos can be used as a substitute for soy sauce in dishes.

Egg intolerance

Some people are intolerant to just the egg white or egg yolk, while some to both. The intolerance occurs when the body finds it hard to digest the proteins in an egg. Flatulence, diarrhoea, dry >>

TAKE THE TEST

The YORKTEST England, conducted at the York Diagnostics Laboratories in Jumeirah Lakes Towers, which specialises in intolerance-testing, is a blood test that can be done in just a few minutes. You can either send in a sample from home by doing a tiny pin-prick of blood, or go into the clinic and meet with doctor for a consultation before getting the test done. Results are sent via email within 48 hours with a comprehensive list detailing what you need to avoid, eat moderately (borderline), and can still continue eating (have no reaction to). The foods are rated on a grade from +1 to +4 – with four being the highest level of intolerance. The test is done for 92 foods, including grains, dairy, meat, fish and seafood, vegetables, fruits, nuts, spices, herbs, seeds, tea, and yeast. All patients receive follow-up advice from the resident doctor who then specifies how to go about managing your intolerances.

• Dhs1,900 per person. Call 04-4327470.

skin and abdominal pain are some of the symptoms that you may experience. Those who are intolerant to chicken eggs can try duck eggs or quail eggs, while tofu can also be used as an alternative to egg in some cases.

Fructose intolerance

Fructose is a sugar found naturally in fruits, juices, honey, corn syrup, and a few vegetables. People who have fructose intolerance should avoid high-fructose foods like apples, watermelon, grapes, peas, and zucchini, to name a few, or they will experience gas, abdominal pain and diarrhoea, since the digestive system doesn't absorb fructose properly. Carrots, avocados, green beans and strawberries are good low fructose foods, for those who can have it in small doses.

Nut intolerance

This occurs when the body finds it hard to digest and process the proteins in nuts. Common symptoms include stomach pain, gas, and bloating, and it often takes place after several



hours or in some case, after days of eating nuts. People are usually intolerant to certain nuts rather than all of them, so cutting out specific nuts is easy. You can also swap nut-butters for a pumpkin or sunflower seed butter.


THE WAY FORWARD

Having a food intolerance doesn't mean you have to forego the food for the rest of your life. Dr Jay tells us that you can re-introduce the food gradually, after refraining from it stringently for about six months – once the body has healed. It might be hard adapting to new eating habits, but you will notice a change in the body's functioning when you eliminate these foods from your diet. You can eat certain foods from time to time (especially if they are borderline and you aren't highly intolerant to it)

if you crave it, but it's best to avoid even those, to see successful results.

Managing the condition might be tough for some, especially if the food that they have been diagnosed as intolerant to, was part of their daily diet. However, with plenty more options now available for people with intolerances, compared to even a few years back – both when it comes to food shopping and eating out – it is not impossible. All it takes is a committing to eating more consciously, reading labels carefully when shopping for groceries, looking for healthier, more suitable alternatives, and gradually, taking care of

your intolerances will become an integral part of life.

The best thing about an intolerance is, it's usually OK to cheat every now and then. If you abide by the dietary restrictions the rest of the time, you'll find the health benefits you enjoy will more than make it worth your while. 




REAL LIFE

Saurav Sinha*, 36, is a Dubai-based marketing professional who discovered a drastic change in his health after testing for intolerances at the Dubai Herbal & Treatment Centre:

“I used to suffer from bloating, acid reflux and other digestion issues on a regular basis, and also got frequent headaches, had a chronic cough and nasal congestion, as well as a constant sense of lethargy. I wasn't sure what to expect when it was suggested I get a food intolerance test done, and to be honest, didn't think anything would come of it – it was just another diet fad as far as I was concerned. I went along to do the test, which was pretty quick and painless, but it was when I got my result a week later that I got the shock of my life. I was intolerant to 39 different foods! The centre's Medical Director, Dr Maria, sat me down and talked me through the list, explained the reality of my situation, and gave me advice on what sort of dietary changes I needed to make. The list included most of my favourite things, including gluten (which was a Level 4 intolerance – can't touch the thing for a year), ruling out bread, pasta and so on; dairy, which means all milk products, including my all-time favourite, cheese; as well as eggs. Other intolerances, on a lower level, included chickpeas, lentils, chicken, all foods that I enjoy eating, and a few things I didn't care about too much, such as nori.

I thought, 'In for a penny, in for a pound', so decided to whole-heartedly make a lifestyle change and see how it went. After a detailed consultation with the nutritionist at the centre, who gave me lots of practical suggestions on what changes I could make to my diet, as well as prescribed a range of herbal medications and supplements to heal my gut simultaneously, I got started on my new regime. I've stuck to it more or less strictly ever since, except for a few days in between when I was travelling. I swapped gluten and dairy products for risk-free alternatives – I've even started enjoying soy milk now! – and stopped eating most of the others on my list, particularly those Level 3 or higher. It wasn't easy at first, or cheap either – a lot of intolerance-friendly foods are significantly more expensive than regular ones – as I had to go shopping in different places, and try out various products and brands before I worked out what I liked and what I didn't, but I got used to it with time. The foods I had a lower level of intolerance to, such as lentils or chicken, I reduced my intake of, but didn't cut out completely. I also started including more fruit and vegetables in my diet to ensure my nutritional intake stays balanced.

The results, in short, were remarkable. Within days, my bloating reduced, to make my stomach flat again – and people even noticed and commented on how much better I was looking. My headaches have disappeared, and I feel lighter, more energised, and most importantly, happier and less irritable than I have in a long time. I do miss eating some of my favourite dishes, but after a few months, I will probably start eating them again, but I know now to enjoy them in moderation, and look after my health in the process. 

• The Food Intolerance test at Dubai Herbal & Treatment Centre costs Dhs2,350, follow-up consultation is Dhs175. Additional nutritional consultations are Dhs350 each. Call 04-3351200.

*Name changed

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Drink your veg!

Looking for new ways to hit your daily target? Follow our advice and try these smoothies – just blend and drink! Photograph KRIS KIRKHAM

Our smoothies are an update on traditional juices – combining leafy greens, veggies and fruit, and packing all the natural fibre and nutrients into the glass. They're also lower in sugar.

This means you get many of the benefits of consuming the whole fruit and veg, unlike a juice – which strips out valuable fibre, exposes the natural sugars and is high in acidity that can cause dental erosion.

New research suggests we should be aiming higher than 5-a-day for optimum health, and most of that total should be made up of vegetables. Smoothies are an easy way to help reach your target, and a good way to include strong tasting varieties, such as bitter leafy greens, as you can combine them with fruit and sweeter veg like carrot and beetroot.

Blending the whole fruit and veg means they're easy to digest and makes the nutrients more

accessible, so they're particularly beneficial if you're unwell. Plus, making your own means you know exactly what's in your drink – no preservatives, colours or flavourings.

Despite the benefits, the best way to consume fruit and veg is in its whole form. So enjoy a smoothie but don't neglect to bite into a crisp apple or crunch a carrot – it's better for your health, your teeth, and also gives your jaw a great workout!

WHAT'S IN A COLOUR?

Green smoothies are a great source of minerals, especially the bone-builders calcium, magnesium and phosphorus.

Orange smoothies are vital for the immune system, packing in vitamin C and beta-carotene.

Red/purple ones are packed with

heart-friendly plant compounds and likely to be rich in folate and potassium.

HOW MANY PORTIONS?

Smoothies count as a maximum of 2 of your daily target (regardless of how much you drink), as long as you include:

- At least 80g of one type of whole fruit or vegetable and at least 150ml of a different variety of 100% fruit or veg juice.
- Or at least of 80g each of two different whole fruits or vegetables.

BOOST THE BENEFITS

- Drink your smoothie within two hours of blending it, so that the nutrients are at their peak.
- Morning is the best time, as your body absorbs liquid more easily

after sleep.

- Use fresh fruit and veg (or frozen out of season). Simply scrub clean – the peel and rind are rich in vitamins and fibre (citrus rind and pips should be removed as they can be bitter).

ADD EXTRA OOMPH!

- Fill up on fibre. Add 1 tbsp of ground linseeds or oatmeal.
- For more omega-3 fatty acids, add chia seeds, hemp seeds or an omega-rich oil.
- Max the minerals. Add spirulina powder for iron, pumpkin seeds for zinc.
- Pack in protein. Add whey powder, hemp protein powder, tofu or ground nuts. Or blend in some yoghurt, milk or cottage cheese.
- Add vitamins. Avocado is rich in vitamin E – a great cell protector. **GF**



The vitamin booster

SERVES 1 • PREP 5 MINS

• NO COOK **Easy** **V** **Low fat**

Folate **Fibre** **Vit C** **2 of 5-a-day**

Good for you **Gluten Free**

1 orange, peeled
1 large carrot
2 sticks celery
50g mango
200ml water

PER SMOOTHIE 114 kcals,
protein 3g, carbs 25g, fat 1g,
sat fat none, fibre 8g, sugar
24g, salt 0.2g



The bone builder

SERVES 1 • PREP 5 MINS

• NO COOK **Easy** **V**

Calcium **Folate** **Fibre** **2 of 5-a-day**

Good for you **Gluten Free**

½ avocado
Generous handful each
of spinach and kale
50g pineapple chunks
10cm piece cucumber
300ml coconut water

PER SMOOTHIE 262 kcals,
protein 8g, carbs 21g, fat 16g,
sat fat 4g, fibre 9g, sugar 14g,
salt 1.1g



The heart helper

SERVES 1 • PREP 5 MINS

• NO COOK **Easy** **V**

Low fat **Folate** **2 of 5-a-day**

Good for you **Gluten Free**

2 small raw beetroots
1 small apple
50g blueberries
1 tbsp grated ginger
300ml water

PER SMOOTHIE 88 kcals,
protein 2g, carbs 19g, fat none,
sat fat none, fibre 5g, sugar 17g,
salt 0.1g



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Spa, with its own private hammam and an array of other facilities.


Dining options are aplenty here, and you can find everything from French-Vietnamese at Voi, to Lebanese cuisine at Al Nafoorah, Indian at Amala, French at Imperium, Turkish at Lalezar, and Italian at Plaj. The hotel is also home to a number of bar and lounges.

One lucky winner can enjoy a two-night stay for two at the hotel's deluxe room, inclusive of daily breakfast at Imperium, and dinner for two at Al Nafoorah restaurant.

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MY KITCHEN

The roomy dresser is ideal for display and storage

Caroline Waldegrave

Caroline Waldegrave, former Managing Director of Leiths School of Food and Wine, and owner of her own cookery school now, shows Holly Brooke-Smith how she cooks at home. Photographs GEOFF WILKINSON

Caroline, who was managing director of Leiths School of Food and Wine from 1975 to 2002, and co-authored several Leiths cookery books, was awarded an OBE from the British government in 1999. She is married to former Cabinet minister William Waldegrave, who is now a life peer, and they have four children. Caroline runs the Dudwell School Kitchen cookery school from the family's holiday home in Somerset, UK.

When did you move in here?

We arrived in 1991, just before Christmas – it was still a wreck – so with four small children, it was a busy time. The house belonged to William's brother and I had this idea that it could be turned into a Tuscan dream, which is what we were hoping for. It does look good in nice weather!

Did you make changes?

We haven't altered the structure of the kitchen, we just bought a Howdens' kitchen and painted the cupboards a different colour. The Aga was

already here, but the thing that I think is important is the sofa – because this is the centre of the house. It's where we all sit.

What do you cook on?

In the summer, we turn off the Aga and I rely on my other electric cooker. I'm not completely mad about Agas, but if I decided to, I think I would make it into a bigger model with more ovens in-between the really hot and warming ones. Although I don't have my dog any more, that's what an Aga is great for – it's a nice spot for a wet dog to dry!

Your style of cooking?

We're not exotic eaters. A favourite is something like spaghetti or slow-cooked lamb shanks. I don't actually have a slow cooker, but the bottom oven of the Aga is perfect for that. We like real food – not too complicated and probably more Italian orientated than French. When I'm teaching in the school, I base everything around essential skills – whether it's knife skills or how to make a soufflé.

Does your family spend lots of time in here?

All my children cook, so we do that together and that's a lovely thing. We make the Christmas cake in here, which is always fun. Even though they're quite grown-up now, this is their childhood home and they always like to come and spend some of the summer here.

Are you a collector?

I love my copper pans. At Leiths, we were all given one for every five years we were there. All my pottery is from Divertimenti – and I've got masses of it. I think it's very pretty. The royal mugs on the top of the dresser go back a fair bit – there are a couple from 1902 and 1911.

How about gadgets?

I have my Kenwood, which is an old friend – I think it was a wedding present. My memory is getting worse, so I have to have a timer, plus I couldn't survive without a microwave. I love my sauce whisk and a ricer is vital for making mashed potato.

Does the layout work?

Yes, I come in and dump all the shopping on the table, and the fridge is nearby. Then the rest of the



The brick extension houses a sink and the dryer, but Caroline would like a better view!



The family home for more than 20 years

bags go through to the little pantry next door. The dishwasher is in exactly the right place, as it's easy to rinse everything in the sink before loading it up.

Where do you eat?

We eat in lots of different places in the house – it's quite fun! When people come to stay, we have breakfast and lunch in here, then go to the dining room at night. If we have more than 12 people staying, we go up to the 'big barn' at the top of the garden. In the summer, we're outside all the time, so we always had a separate summer kitchen.

Would you make any changes?


The little brick extension you can see out of the kitchen window (previous page) blocks the view. It was here when we came and, although it's actually an incredibly useful room (it houses a sink and dryer), it still annoys me! I plan to start a lovely herb garden and grow lettuces behind the cookery school.

Why did you set up your school here?

I've just always loved doing it! If we're going to spend much more time in this house, then that's what I'd

really like to be doing. It was just a collapsing barn before, and we really love taking on projects.

What do you think are important cookery skills?

The first thing to learn is how to approach things. I think that if you can just learn how to make pastry, how to deal with meat, how to cook a duck breast properly so the meat is tender and the fat is crisp, then that's a good start. The other really important thing is to plan a menu, so you can cope with a dinner party; it's timing and getting organised. 

GET THE LOOK



A potato ricer is one of Caroline's must-have gadgets. Dhs99 at Lakeland.



This Acacia salad bowl (30cm) is perfect for alfresco dining. Dhs325 at Muji.

Fruit and vegetables will look lovely stacked on this Oblong Tray. Dhs45 at Homes R Us.



Caroline can't live her timer, and neither should you. This Dulton Co. Ltd magnetic retro timer in sax blue is Dhs75 at Harvest Home.

Andalusian adventure

History, culture, sunshine, sea and gastronomy combine to make Islamic-influenced Andalusia, in the south of Spain, an inimitably attractive destination with something for everyone. By Sudeshna Ghosh.

Marbella is a glittering
Mediterranean gem

Even the name is evocative. Conjuring up images of exotic Arab princes, mystical mountains, and the passionate allure of flamenco, Andalusia, Spain's second largest region spans the entire southern coast of the country, from Huelva in the west to Almeria in the east. With its chequered history deeply influenced by Arabian conquerors – they ruled over Spain throughout the Middle Ages from the 700s onwards, until the Catholic Princess Isabella and her husband Ferdinand V finally managed to regain control over the last remaining bastion of the Moorish, Granada, after a long drawn out battle in 1492 – it is a region that is unique in many ways.

From sky-kissing mountain ranges to beautiful

beaches, with lush plains in between, and home to the well-loved holiday coast Costa del Sol, as well as cultural hotspots such as Seville, Andalusia has it all. Plus, of course, a delicious culinary heritage. Quite far removed from the molecular gastronomy and über-chefs that other parts of Spain boasts of, Andalusia lures in the gastro-traveller with a more rustic, home-style, back-to-basics approach to cuisine. Whether it's seasonal delicacies like espetos, the skewered, slow-cooked on an open fire on the beach sardine dish, typical of the Costa del Sol (which, when in season, are ubiquitous; when not, you'll be hard put to find one), or salmorejo (the thicker version of gazpacho, a cold tomato soup);

ajoblanco (gazpacho's white cousin, a cold soup of almonds, garlic and bread); pescaito frito (fried fish); fragrant, delicious Iberian ham, and of course Paella – while there is nothing more emblematic of Spanish cuisine than paella, each region has its own way of making it.

With historic old towns, a colourful culture, delightful Mediterranean architecture with stamps of the Arab influence permeating through it, a love of good food, and a welcoming warmth from proud native Andalusians, there's something for everyone here. Cherry pick the destination of your choice from the best known Andalusian destinations, or why not combine a few days in each to make for the perfect sojourn in the south of Spain?

Text and photos: Sudeshna Ghosh | Additional photos: SUPPLIED, SHUTTERSTOCK



Dani Garcia's restaurant has two Michelin stars

For a beach break: MARBELLA

A well-known summer destination for A-listers, Marbella first shot to fame as the glittering jewel in the Costa del Sol's crown when Spanish prince Alfonso discovered it by accident en route to vacationing in Gibraltar. He fell in love with the town's picture-perfect beaches with the shimmering Mediterranean lapping at its shores, and invited his equally well-heeled friends to holiday there with him, and the rest is history. Large tree-lined avenues, not dissimilar to LA, glamorous hotels and mansions belonging to the rich and famous, beautiful beaches and almost year-round sunshine come together to create an irresistible mix; it's easy to see what seduced the prince!

Do: When in a jet-set destination like this, the people-watching and lying-on-the-beach opportunities offer enough distraction, but take time out to discover the Old Town, which literally transports you into another world and era, quite removed from the modern city that has sprung up in the last 50 years or so. Quaint narrow streets, with shops and restaurants spilling out on to the cobbled lanes, flowers in almost every window of the whitewashed buildings, this is a lesser known side to the city. A leisurely wander around the warren of alleys, stopping for a drink or a trinket at the central Plaza De Los Naranjos (Orange square), can be the perfect prelude to a tapas tour taking you into some hidden culinary gems.

The Puerto Banus marina, on the other hand, offers a glitzy contrast, with its rows upon rows of moored yachts, designer boutiques housed within buildings designed to replicate a traditional Andalusian fishing village, and luxury nightclubs. Worth visiting for a peek into how the other half lives, you can also stop for a drink and a bite at any of the lovely waterfront restaurants.

Dine: The Puente Romano beach resort, built in 1974 as an exclusive apartment complex, is at the heart of what is known as Marbella's Golden Mile – an exclusive series of addresses with prices to match – alongside its sister property, the historic Marbella Club Hotel, built by Prince Alfonso himself. Designed in a traditional Andalusian style, the luxury retreat not only boasts a roster of celebrity guests as its claim to fame, but is probably one of Marbella's foremost gourmet destinations. The newly opened La Plaza village is an alfresco haven with five different restaurants serving the central courtyard, and is also home to one of Marbella's hottest nightspots, the Moorish-inspired Suite. But the gastronomic highlight here has to be the two Michelin star Dani Garcia Restaurante (www.restaurantedanigarcia.com), the eponymously named restaurant from Spanish celebrity chef Dani Garcia. Serving up avant-garde Spanish cuisine, Garcia uses traditional Andalusian flavours and reimagines them with contemporary Basque-influenced techniques to highlight contrasting flavours and textures in his delightful creations. Garcia also heads up a more casual outlet at the same venue, Bibo Andalusian Brasserie & Tapas in the same venue, which offers a more relaxed bistro-style dining experience.

For a dose of culture: SEVILLE

Seville may not have the Costa del Sol's myriad attractions, but it more than makes up for it with its rich heritage and vibrant street life. Steeped in history, this inland city used to be an important trading hub through the middle ages because of its major river port, which has led to a patchwork of influences being left behind on the local culture. Surrounded by a landscape carpeted with sunflower fields and olive groves – this is, after all, one Spain's best known olive oil producing regions, and home to some of the oldest trees – this pretty city is an

Instagrammer's delight. With jacaranda- and orange tree-lined avenues giving way to narrow cobbled alleys, overlooked by colourful houses with wrought iron balconies in the old town, Seville boasts a certain, for lack of a better word, Spanish-ness in its vibe that is infectious. You're surrounded by music, dance, and liveliness wherever you turn. As the sun sets, the town squares come to life with people getting together for a drink and tapas, laughter and chatter fill the air, as does music from the many buskers for whom the streets are all the stage they need.

Do: A walk through the old town is a must, taking in the Alcazar palace, a 9th century royal home still in use today – the combination of Islamic and Christian motifs and symbology in its architecture is representative of the many wars waged over control of this region – and the nearby Plaza Virgen de los Reyes cathedral, one of Spain's last Gothic cathedrals, and the third biggest in the world. Luckily, they are all located close together, around the central Triunfo square, a busy and lively plaza, thronged by tourists and locals alike.

Follow up your city tour with a taste of flamenco. After all, no visit to Spain is complete without a flamenco performance, and where better to enjoy one than in Andalusia, the home of this passionate, intense performance art form? Seville is home to the world's only museum dedicated to flamenco, where interactive exhibits take you through the dance's history. The museum also hosts daily performances – the 1-hour show in an intimate setting (give the front row a miss unless you want to be sprayed by the dancers' sweat as they flounce around with passion!) is a mesmerising experience where the percussion comes from the hands and feet, the melody from the toque (guitar) and soulful cante (song), and the rhythm from the baile (dance). An emotive response in the audience is guaranteed.

Dine: While tapas is an integral part of the culinary culture anywhere in Spain, nowhere is it more >>



The Guadalquivir river offers a scenic setting for waterfront dining



Seville's old town is as pretty as it is bustling



The Al Hambra palace is a must-see



Spanish specialties by the riverside at Rio Grande



Entrecárceles combines history with trendiness

For a history lesson: GRANADA

Best known for the iconic Al Hambra palace, the most enduring remnant of the Arab legacy in Spain, Granada is a gorgeous, historic town oozing romance and mystic allure. Overlooked by the majestic, snow-capped Sierra Nevada mountains, and with the fertile La Vega plains at its foot, Granada enjoys a unique location and climate.

Do: Of course the first thing to be checked off anyone's list in Granada has to be the Al Hambra. A remarkable feat of human achievement, the sprawling palace complex – thus named because of the beautiful reddish colour it appears to take on when the setting sun casts a warm glow on its brick walls; it literally translates into Red Fort – served as a fortress, royal residence and watch tower all rolled into one. Originally built in 9th century, it had since been further built on and developed by subsequent Arab emperors to emerge as one of the most impressive executions of Islamic architecture – a walk through the well-preserved grounds, past trickling fountains, gardens and shady courtyards, reveal room after room of intricate, geometric-patterned tile work and stucco relief, calligraphy-lined walls, Arabesque latticed windows, and carvings and sculptures, that will leave even the most prosaic of us open-mouthed in wonder.

Dine: The Al Hambra, much like the Eiffel Tower, is an inescapable part of Granada, so I recommend embracing it wholeheartedly. And what better way to do it than by grabbing a table with the best views of the castle at sunset? Located in the historic Albaycin district – the original Moorish quarter, a picturesque labyrinth of narrow streets, whitewashed buildings, and numerous rooftop restaurants and bars taking advantage of the incomparable views of the Al

woven into the local lifestyle than it is in Seville. And to enjoy tapas while being surrounded by living, breathing history, head to Entrecárceles (www.grupolaraza.com), a century-old tavern and deli that has been given a trendy, modern makeover. Housed in a former prison building dating back to 1894 (it is rumoured that parts of Don Quixote was written within these walls by iconic Spanish writer Miguel de Cervantes), the small, nondescript restaurant offers a shabby chic-meets-industrial setting, with distressed wood, exposed brick walls and a relaxed bistro-style menu offering. Highlighting local produce – the big pork displays at the window are hard to miss! – the menu offers contemporary twists on traditional Andalusian delicacies, such as salmorejo and Iberian ham in various avatars, to thick, chunky frittatas (known there as tortilla), flavoursome grilled vegetables and salads, and seafood specialties.

The Guadalquivir river is Seville's lifeline, and

also offers a picturesque setting for waterfront dining. The Restaurante Rio Grande (www.riogrande-sevilla.com), overlooking the majestic Torre del Oro (Tower of Gold, a 13th century military watch tower), is a renowned restaurant formerly patronised by royalty and cultural celebrities. Today, a popular draw with tourists for its enviable location, the candle-lit, white-linen restaurant offers an ingredient-led menu highlighting seafood from nearby coasts, as well as meat and vegetarian Spanish specialties, given an innovative twist. Don't miss their paella – served table-side from the traditional shallow pan it is cooked in, with prawns, clams, squid and chunks of fish nestled in a fragrant saffron-infused bed of rice. While good food is easy to come by in Seville – just stumbling into any tapas joint that catches your eye is likely to lead to a memorable meal – for a refined dinner with a great view and romantic setting, this is clearly one of the city's foremost dining destinations.



The historic Albaycin district at sunset



Malaga is a thriving port city and the gateway to Costa del Sol



Enjoy Malagan specialities at this traditional Bodega

Hambra is Restaurante Las Tomasas (www.lastomasas.com), a charming, family-run restaurant set within the owners' terraced home carved into the hillside. Sup there at sunset, and the views – which look like they've been placed there on a photographer's instruction – will be enough to satisfy anyone, but the home-style, Mediterranean-inspired food is no less impressive. Feast on fresh, seasonal produce, cooked simply and tastily – from a delicious rendition of that Andalusian specialty Salmorejo, and other tapas treats such as scrambled eggs with vegetables, to local fish Corvina (a kind of seabass), grilled to perfection – as you watch the twinkling lights come on over the valley. Unforgettable!

For a shopping spree: MALAGA

Malaga is often overlooked as a destination in its own right, being treated as a gateway into the better known attractions of the Costa del Sol. But this capital city, built around a busy port, is a vibrant urban centre with lovely beaches, and a burgeoning art and foodie scene of its own – deserving of a couple of days spent here en route to any of the other coastal resorts.

Do: Malaga, like most other self-respecting southern European cities, has its own old town with a Renaissance cathedral, Moorish palace and museums. But, if you've seen similar, more impressive versions of these in other towns can be given a miss. Instead, make your way to the Casa Natal, birthplace of Picasso, and the nearby Picasso museum, to get a peek into the artist's early life. That done, pay homage to the other kind of art Spain is famous for, that of high-street fashion, at Calles Marques de Larios, Malaga's main shopping street. A bustling, pedestrian zone

in the heart of the city, this is where you'll find not only the well-loved Spanish fashion brands, but also quirky little boutiques and leather-ware galore – from local shoe labels to bespoke accessory outlets. You'll also find plenty of souvenir shopping options here, including local handicrafts, at prices slightly cheaper than the more touristy towns.

Dine: One of Malaga's other celebrity sons, apart than Pablo, is Antonio Banderas; he was born here in 1960. Even if the likelihood of bumping into him here are slim, you can still dine at a restaurant part-owned by him! Kaleido restaurant, located right by the port, offers modern Spanish cuisine in a contemporary, sun-drenched space with floor-to-ceiling glass windows. Everything on the menu is made using produce that is as local as possible, whether it's the prawns from the Malaga harbor or the tomatoes used in the salsa and salmorejo.

For a more traditional experience, head to Bodegas El Pimpi (elpimpi.com), an atmospheric wine bar located in the heart of the city just off Calle Granada popular with tourists and locals alike. Themed around Malaga's seafaring history, the bar and restaurant is divided into several intimate rooms and courtyards, offering a homely, relaxed environment to enjoy local wines and delicious tapas. Seat yourself in the main Barrel hall, decorated with wine barrels signed by fans and famous visitors – including, you guessed it, Antonio Banderas – and enjoy the traditional sweet wines of Malaga, with delicious sharing platters of the best of local produce – think El pascaito frito (traditional fish fried in olive oil), Patitas de pulpo Malagueno con ajito y perejil (Malaga octopus tossed with parsley and garlic), and local specialty, Chivifrito (fried goat). ☐

TRAVEL DIARY

GETTING THERE Turkish Airlines, one of the best connections into most of Europe at affordable prices, offers flights to Malaga from Dubai and Abu Dhabi via Istanbul with convenient stopovers. On board, enjoy Turkish hospitality with fresh, delicious food from their award-winning catering service offering Turkish treats and international delicacies alike – on business class, there are sky chefs on board who create your meals according to preference – and on the ground, enjoy the facilities of the glamorous CIP lounge at Istanbul airport during the stopover where facilities range from freshly prepared meals and a snooze room to large screen entertainment and indoor sports – waiting around at airports was never so much fun! Ticket prices start from around Dhs3,080 for economy, Dhs10,800 for business class, visit www.turkishairlines.com.

STAYING THERE:

- In Marbella, the Gran Melia Don Pepe offers contemporary luxury within the glamorous Golden Mile district. www.melia.com.
- In Seville, stay at the Barcelo Sevilla Renacimiento, a landmark hotel part of Spanish-owned international chain that is conveniently located close to everything. www.barcelo.com.
- In Granada, the M.A Nazaries Business & Spa, a locally-owned hotel, offers comfortable accommodation at affordable prices. www.hoteles-ma.es.
- In Malaga, the AC Hotel Malaga Palacio is a Marriott-run stylish, city-centre hotel boasting fabulous city views from its rooftop pool. www.marriott.com/hotels/travel/agpmg-ac-hotel-malaga-palacio.

It's here!



PRESENTING THE 2014 BBC GOOD FOOD ME AWARDS

**Known for celebrating the best foodie brands
and experiences in the region, the fifth annual
BBC Good Food Middle East awards
is officially open.***

THE CATEGORIES

FINE DINING

- * RESTAURANT OF THE YEAR - DUBAI*
- * RESTAURANT OF THE YEAR - ABU DHABI*
- * BEST NEW RESTAURANT - DUBAI*
(Opened on or after January 2014)
- * BEST NEW RESTAURANT - ABU DHABI*
(Opened on or after January 2014)
- * RESTAURANT OF THE YEAR - DOHA
- * CHEF OF THE YEAR*
- * BEST EUROPEAN RESTAURANT
- * BEST ASIAN RESTAURANT

RESTAURANTS

- * BEST CONTEMPORARY BRITISH
- * BEST LATIN AMERICAN
- * BEST INDIAN
- * BEST MIDDLE EASTERN
- * BEST STEAKHOUSE
- * BEST BRUNCH
- * BEST ITALIAN
- * BEST SEAFOOD
- * BEST EXPERIENTIAL DINING VENUE
- * MOST SUSTAINABLE RESTAURANT

CASUAL DINING

- * BEST INTERNATIONAL
- * BEST INDIAN
- * BEST ASIAN
- * BEST MIDDLE EASTERN
- * BEST CAFÉ

* BEST FOOD BLOGGER **NEW**

INGREDIENTS

- * FAVOURITE SUPERMARKET
- * FAVOURITE SPECIALITY FOOD
STORE/MARKET
- * FAVOURITE BRAND FOR STORE
CUPBOARD ITEMS

HOME COOKING

- * FAVOURITE DAIRY BRAND
- * FAVOURITE OLIVE OIL BRAND
- * FAVOURITE TEA BRAND
- * FAVOURITE COFFEE BRAND
- * FAVOURITE JUICE BRAND

ACCESSORIES

- * FAVOURITE LARGE KITCHEN
APPLIANCE BRAND
- * FAVOURITE SMALL KITCHEN
APPLIANCE BRAND
- * FAVOURITE TABLEWARE STORE

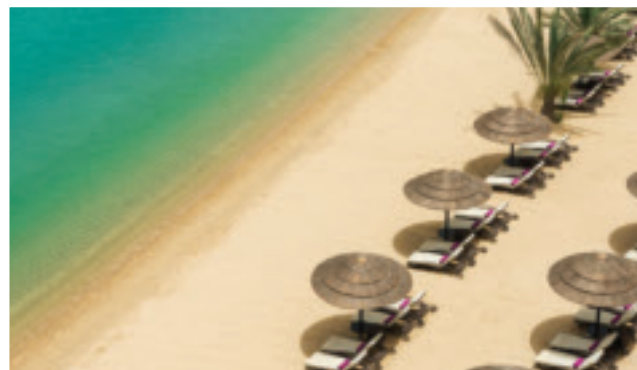
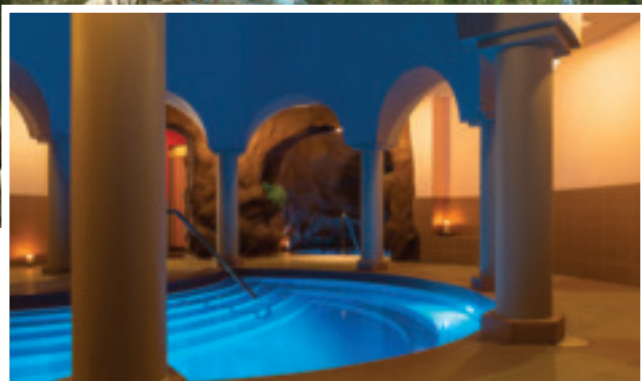
Creating new benchmarks in the industry, the vote-based awards recognise the top restaurants and food-related brands and stores.

**Voting opens August 4. Log on to bbcgoodfoodme.com/awards/2014 to get your favourite restaurants and food brands of the region, into the running. By nominating, you also stand a chance to win a very special prize – stay tuned for details!*

HOW IT WORKS

In the nomination phase, which runs from August 4 -September 30, we are calling consumers to nominate their favourites in each category online. After September 30, the top ten nominees in each category (with the highest votes) will be listed on our website. Between October 15 and November 27, consumers will then get to vote again for the winner, from that list. The winners will be revealed at our gala awards event in January 2015.

** Winners for Restaurant of the Year (Dubai & Abu Dhabi), Best New Restaurant (Dubai & Abu Dhabi) and Chef of the Year will be chosen by an independent judging panel.*



WIN!
An exciting weekend
getaway at
Le Méridien
Abu Dhabi, worth
Dhs7,500

**One lucky winner can
get a two-night stay,
with breakfast, dinner
and complimentary
access to spa facilities.**

There's nothing like a staycation within the UAE, to escape busy routines. This resort in the Tourist Club area is located just a few minutes away from the capital's main attractions and shopping malls and is ideal for those who love beach walks, and spending time by the pool or at the spa – and who doesn't?

Home to Le Méridien Village, a complex of restaurants set within lush gardens and scenic walkways, the hotel is a true gastronomic destination. Choose from over ten restaurants and bars, to indulge in everything from French, Thai, and Italian, to American and British flavours. Other amenities include the Eden Spa, which offers a selection of European and Asian massages and spa treatments, a fully equipped

health club (part of Eden Spa), flood-lit tennis court, squash-and a beach volleyball-court.

One lucky winner can enjoy a two-night stay in the presidential suite with their partner, plus daily breakfast and dinner at Talay, the hotel's all-day dining South-East Asian restaurant, and access to Eden Spa facilities.

Visit www.lemeridienabudhabi.com.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

How many restaurants and bars does Le Méridien Abu Dhabi have?

Scan this QR code
to go straight to
our website. 



*Terms & conditions apply. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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Competitions

Fabulous dining experiences up for grabs this month!



WIN! DINING VOUCHERS AT LATEST RECIPE RESTAURANT, LE MERIDIEN MINA SEYAH DUBAI, WORTH DHS1,500.

Two lucky winners can get a Dhs750 voucher each from this modern French brasserie. The stylish venue is a great spot for any meal of the day and offers mouth-watering dishes such as honey glazed duck breast and wild seabass, among other delicious options.



WIN! FRIDAY BRUNCH VOUCHERS AT THE TALK AND SOUL RESTAURANT, MOVENPICK HOTEL JUMEIRAH BEACH, WORTH DH1,500.

Two lucky winners get to take a dining partner along to the family-friendly Talk and Soul Friday Brunch. Feast on a selection of international dishes from live cooking stations, while enjoying jazz tunes that add to the ambience.

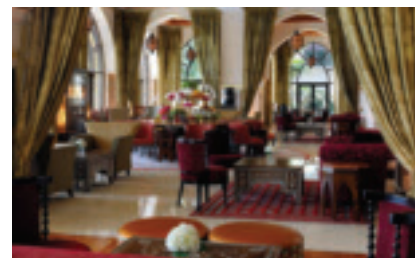


WIN! DINING VOUCHERS AT ELKEN CAFÉ COMMUNITY, WORTH DHS1,200.

Six winners get a Dhs200 dining voucher each for this European-inspired café at Dubai Marina Promenade. The relaxed home-grown café offers daily specials, and a wide range of sandwiches, salads, and even carrot cake in a jar. A kids menu is also available.

WIN! DINNER FOR TWO AT ATELIER M, WORTH DHS1,000.

Take a dining partner along to this contemporary French Mediterranean restaurant at Pier 7 to indulge in a selection of artistic creations and spectacular cocktails in the lounge. Atelier M is split into two floors and offers stunning views of Dubai Marina and JBR.



WIN! VOUCHERS FOR THE PALACE HIGH TEA BUFFET AT THE PALACE DOWNTOWN DUBAI, WORTH DHS900.

Gather your girlfriends and head to The Palace High Tea buffet at Al Bayt which takes place every Wednesday and Saturday. One winner can take along four friends to relish traditional and contemporary dishes and feast on hot and cold appetisers, entrées and desserts as you sip on a variety of premium loose and infusion teas, accompanied by live violin performances.

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.





MINNA HERRANEN is a Finnish trade compliance specialist who works in Dubai Internet City. The founder of cookery blog, nakedplateblog.com, has lived in Jumeirah with her Egyptian husband, and ten children (from her extended family) for ten years. The blogger loves photography, balcony gardening, baking, and supporting charitable projects to help and empower youngsters in Cairo.

Meet the blogger

Helping you connect to the UAE'S foodie community, one blog post at a time.

About the blog

✱ I started cooking with my mom and sister at a young age and have always been kind of creative, artisan-minded. I published my first post on www.nakedplateblog.com in 2011, and since then the blog has been a showcase of micro food memories linked to my current food experiences here in Dubai. A pinch of Finland and dash of Dubai, I manage to find similarities of Finnish cuisine with any of the ethnic foods that I eat and cook. If you look at the tag cloud of my blog you will find these words in bold – easy, fast, baking, dessert and bread. It confirms my love for easy and quick recipes with stories attached. In particular, you will find a story of my favourite cookware item that I still use – a cast iron frying pan from 70 years ago, which was my grandmother's engagement gift to me.



My hidden gems in Dubai

Signor Pomidor, an authentic healthy Italian restaurant in Business Bay, and **Charm Thai** at the Jumeirah Fishing Harbour.

I love using...

Pomegranate molasses – thick, fragrant and tangy, it can be used as a salad dressing, marinade, sweetener for juices, or just drizzled over chicken and vegetables before roasting.



Sweet something...

I love Konafa bil eshta with mango. Who can resist cream, mango, and crispy stringy dough with melted cheese?

Tasting different cuisines gives you the chance to travel, without actually going anywhere. Food is an opportunity to show hospitality and it's always a dear subject of conversation.

Foodie memories

I remember many outdoor picnics from my childhood. When my brother, sister and friends would play outside, my mom would stop by with freshly baked Finnish sweet buns called Pulla. They were warm outside with berry jam inside. I also remember going berry picking in the forest and our family fishing trips.



As a child, my favourite snack was Quark with lingonberries and sugar. Ikea has started selling lingonberry jam, so I can't wait to eat it again.

Favourite food culture

Nordic! It's simple, seasonal and full of fresh, pure flavours. The food is so clean, without overpowering spices.

A dish my family loves



Finnish Mama's Berry Pie – it's a great combination of creamy fromage frais with a fresh forest berry filling on a soft pie crust.



MAZINA

PIZZAS AND PRIZES

WITH GENERATION CREATION AT *Mazina*

Roll up your sleeves and create the pizza of your choice with the toppings you love this August at Mazina, where even a novice can learn to master the art of pizza making. Aspiring chefs can win fantastic prizes in the ultimate cook-off at our popular family brunch challenge. International cuisine enhances the experience, while the kids enjoy the thrills of a bouncy castle, Wii stations, face painting, a magician and so much more!

Date: 16th August 2014

Time: 12.30 pm to 3.30 pm

Price: AED 250 including soft drinks

Children under 6 years dine with our compliments;
half price for children between 7 and 12 years



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